



GROUP FITNESS

EAST PLANO

Week of 06/09/25

*GF / Group Fitness HS / Hot Studio R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 06/09/25	TUESDAY, 06/10/25	WEDNESDAY, 06/11/25	THURSDAY, 06/12/25	FRIDAY, 06/13/25	SATURDAY, 06/14/25	SUNDAY, 06/15/25
	Flow - HS* 6:00 - 60m Mona D Hot Pilates Mat - HS* 7:00 - 45m Mona D Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Deborah Y Top it Off - GF* 9:30 - 30m Deborah Y Flow - HS* 10:00 - 60m Brandy H ZUMBA @ - GF* 11:00 - 60m Efren A	Hot Pilates Mat - HS* 5:30 - 45m Roxanne Flow - HS* 6:30 - 60m Erica P Top it Off - GF* 9:00 - 30m Phena The Ride - R* 9:15 - 45m Serena G Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Phena Foundation - HS* 10:30 - 60m Sangita R	Flow - HS* 6:00 - 60m Stacey S Belly, Butt, & Thighs Bootcamp - GF* 8:00 - 30m Phena Bodyweb w TRX @ - GF* 8:30 - 30m Phena Barbell 45 - GF* 9:00 - 45m Serena G Hot Pilates Mat - HS* 10:00 - 45m Serena G	The Ride - R* 5:30 - 45m Erica P Barbell 45 - GF* 9:00 - 45m Phena Foundation - HS* 10:00 - 60m Mona D	Flow - HS* 8:30 - 60m Anett M Bodyweb w TRX @ - GF* 8:30 - 30m Robyn R Beach Workout - Legs, Core & More - GF* 9:00 - 30m Robyn R Beach Workout - Arms & Abs - GF* 9:30 - 30m Robyn R Foundation - HS* 9:30 - 60m Anett M Bodyweb w TRX @ - GF* 10:00 - 30m Robyn R ZUMBA @ - GF* 10:30 - 60m Angela H Flow - HS* 10:30 - 60m Stacey S Yoga Body Sculpt - GF* 11:30 - 60m Dimple P	Barbell 45 - GF* 9:00 - 45m Phena ZUMBA @ - GF* 10:00 - 60m Mark E Foundation - HS* 10:00 - 60m Erica P The Ride - R* 10:15 - 45m Abraham M Chill the Flow Out Yoga - GF* 11:00 - 60m Mona D	Fierce - HS* 9:00 - 60m Erica P ZUMBA @ - GF* 10:00 - 60m Liza Engh Flow - HS* 10:00 - 60m Erica P Hot Pilates Mat - HS* 11:00 - 45m Erica P
	Fat Burning Pilates - GF* 12:00 - 30m Diana S Foundation - HS* 12:45 - 60m Diana S					Hot Pilates Mat - HS* 12:00 - 45m Mona D	
	Barbell 45 - GF* 6:00 - 45m Kristyn A 10 in 10: Core - GF* 6:45 - 15m Kristyn A ZUMBA @ - GF* 7:00 - 60m Carola C Flow - HS* 7:30 - 60m Mona D	Barbell 45 - GF* 6:00 - 45m Lee W 10 in 10: Core - GF* 6:45 - 15m Lee W ZUMBA @ - GF* 7:00 - 60m Jaz The Ride - R* 7:15 - 45m Erica P Hot Pilates Mat - HS* 7:30 - 45m Mona D	Barbell 45 - GF* 6:00 - 45m Anthony F The Ride - R* 6:30 - 45m Claire E 10 in 10: Core - GF* 6:45 - 15m Anthony F ZUMBA @ - GF* 7:00 - 60m Luz O Flow - HS* 7:00 - 60m Brandy H	Chill the Flow Out Yoga - GF* 6:00 - 60m Brandy H Hot Pilates Mat - HS* 7:00 - 45m Brandy H ZUMBA @ - GF* 7:00 - 60m JOJO W. The Ride - R* 7:15 - 45m Kendall G	ZUMBA @ - GF* 6:30 - 60m Patricia C		



CLASS DESCRIPTIONS

EAST PLANO

Visit crunch.com for online schedules and club information. This schedule is subject to change

801D W 15th St | 469.797.1105

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

10 in 10: Core: Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

Barbell 45: Transform your body and see results quickly in this exclusive barbell based hard core strength workout. Push, pull and lift your way to extreme results. Crush your goals in no time with a mix of both upper and lower body work mixed with challenging core segments designed to rev your metabolism and transform your body!}

Beach Workout - Arms & Abs: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt your upper body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with weighted core blasts to shred your torso and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

Beach Workout - Legs, Core & More: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt not only your assets, but ALL of the muscles in your lower body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with fat-torcing cardio blasts and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

Belly, Butt, & Thighs Bootcamp: Focus on your lower half in this belly-busting, booty shaping, two-part intensive class that features a series of exercise combinations that target, you guessed it - your belly, butt, and thighs.}

Bodyweb w TRX @: Hang from the durable TRX® ropes to push, pull, lift and lower your body through Spiderman moves for a total body suspension workout that also super-strengthens your core.}

Chill the Flow Out Yoga: Tune out society's noise and tap into the steadiness and ease of your body's natural rhythms in this slow, powerful yoga flow. Build strength and resilience by creating space in every movement with mindful connection between body and breath. You'll discover ease in your body and stillness in your mind.}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

Fierce: Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

Flow: This Vinyasa flow class will take your yoga to the next level all while practicing in a heated studio. This unique class blends beautiful movements along with music that enhance the experience and will leave your mind in flight as your body flows through this one of a kind yoga sequence.

Bring your own mat, mat towel, and water bottle}

Foundation: Build your practice - build the foundation. Foundation focuses on a sequence of basic yoga poses taught in a heated studio. Level options are offered in this unique class that is great for new yoga fans and also experienced yoga fanatics.

Bring your own mat, mat towel, and water bottle}

Hot Pilates Mat: Ignite your core in this full-body Hot Pilates mat workout. Infuse functional fitness with Pilates principles in the infrared heat and fire up your flexibility and mobility while challenging strength and stability. 100-based challenges (reps, breaths, or seconds) in the 100-degree studio bring the heat!

Bring your own mat, mat towel, and water bottle}

The Ride: Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music and extraordinary instruction.}

Top it Off: Shape and sculpt every muscle in your upper body in this two-part, heart-pumping workout. Using weights and isometric exercises, you'll work through a series of sweat inducing exercises to tone and chisel your arms, shoulders, chest, and back.}

Yoga Body Sculpt: A strength-building Vinyasa flow class that focuses on sculpting your buns and thighs while flattening your belly and strengthening your core.}

ZUMBA @: Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout designed to tone your body from head to toe.}