



# GROUP FITNESS

## SIX MILE

Week of 05/12/25

\*GF / Group Fitness HS / HOT Studio R / Ride

MORNING



MID-DAY



EVENING



|         | MONDAY, 05/12/25   | TUESDAY, 05/13/25  | WEDNESDAY, 05/14/25  | THURSDAY, 05/15/25   | FRIDAY, 05/16/25   | SATURDAY, 05/17/25  | SUNDAY, 05/18/25   |
|---------|--|--|--|--|--|---|--|
| MORNING | <b>The Ride</b> - R*<br>6:00 - 45m Amber K<br><b>Hot Athlete</b> - HS*<br>7:00 - 45m Amber K<br><b>Cardio Sculpt</b> - GF*<br>9:00 - 30m Veronica M<br><b>HIIT The Deck</b> - GF*<br>9:30 - 30m Veronica M<br><b>Barbell 45</b> - GF*<br>10:00 - 45m Kimmie  | <b>Hot Pilates Mat</b> - HS*<br>7:00 - 45m Jennifer D<br><b>Hot Core</b> - HS*<br>8:00 - 30m Jennifer D<br><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF*<br>8:30 - 30m Kimmie<br><b>Hot Mobility</b> - HS*<br>8:30 - 30m Jennifer D<br><b>Top it Off</b> - GF*<br>9:00 - 30m Kimmie<br><b>Unbreakable</b> - HS*<br>10:00 - 60m Kimmie<br><b>ZUMBA @</b> - GF*<br>11:00 - 60m Veronica M  | <b>The Ride</b> - R*<br>6:00 - 45m Lisa S<br><b>Hot Athlete</b> - HS*<br>7:00 - 45m Paola A<br><b>Cardio Sculpt</b> - GF*<br>9:00 - 30m Veronica M<br><b>The Ride</b> - R*<br>9:00 - 45m Allyson P<br><b>HIIT The Deck</b> - GF*<br>9:30 - 30m Veronica M<br><b>Barbell 45</b> - GF*<br>10:00 - 45m Kimmie<br><b>ZUMBA @</b> - GF*<br>11:00 - 60m Melanie  | <b>Hot Pilates Mat</b> - HS*<br>7:00 - 45m Jennifer D<br><b>Hot Core</b> - HS*<br>8:00 - 30m Jennifer D<br><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF*<br>8:30 - 30m Kimmie<br><b>Hot Mobility</b> - HS*<br>8:30 - 30m Jennifer D<br><b>Top it Off</b> - GF*<br>9:00 - 30m Kimmie<br><b>Unbreakable</b> - HS*<br>10:00 - 60m Kimmie<br><b>ZUMBA @</b> - GF*<br>11:00 - 60m Celeste J   | <b>The Ride</b> - R*<br>6:00 - 45m Amber K<br><b>Hot Athlete</b> - HS*<br>7:00 - 45m Amber K<br><b>The Ride: Let the Beat Drop</b> - R*<br>9:00 - 45m Amy S<br><b>Hot Core</b> - HS*<br>9:30 - 30m Kimmie<br><b>Barbell 45</b> - GF*<br>10:00 - 45m Amy S<br><b>Hot Mobility</b> - HS*<br>10:00 - 30m Kimmie | <b>Hot Core</b> - HS*<br>8:00 - 30m Leez M<br><b>Hot Pilates Mat</b> - HS*<br>9:00 - 45m Jennifer D<br><b>The Ride</b> - R*<br>9:00 - 45m Leez M<br><b>Foundation</b> - HS*<br>10:00 - 60m Leez M<br><b>Barbell 45</b> - GF*<br>10:00 - 45m Jennifer D<br><b>ZUMBA @</b> - GF*<br>11:00 - 60m Mirasol H<br><b>Flow</b> - HS*<br>11:30 - 60m Alexa M | <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF*<br>8:30 - 30m Ginger B<br><b>Top it Off</b> - GF*<br>9:00 - 30m Ginger B<br><b>Foundation</b> - HS*<br>9:00 - 60m Johniece H<br><b>The Ride</b> - R*<br>9:30 - 45m Lauren S.<br><b>ZUMBA @</b> - GF*<br>10:00 - 60m Laurelle<br><b>Hot Pilates Mat</b> - HS*<br>10:30 - 45m Lauren S.<br><b>Unbreakable</b> - HS*<br>11:30 - 60m Lauren S. |
| MID-DAY | <b>EVOLVE: Ability</b> - GF*<br>12:00 - 30m Cynthia H<br><b>EVOLVE: Active</b> - GF*<br>12:30 - 30m Cynthia H  |  | <b>EVOLVE: Ability</b> - GF*<br>12:00 - 30m Cynthia H<br><b>EVOLVE: Active</b> - GF*<br>12:30 - 30m Cynthia H  |  | <b>EVOLVE: Ability</b> - GF*<br>12:00 - 30m Cynthia H<br><b>EVOLVE: Active</b> - GF*<br>12:30 - 30m Cynthia H  |   |  |
| EVENING | <b>Top to Bottom Burnout</b> - GF*<br>4:30 - 30m Leez M<br><b>Absolution</b> - GF*<br>5:00 - 30m Leez M<br><b>The Ride (Bilingual)</b> - R*<br>5:30 - 45m Leez M<br><b>Fat Burning Pilates</b> - GF*<br>6:00 - 30m Vanessa E<br><b>Hot Core</b> - HS*<br>6:30 - 30m Leez M<br><b>Barre Assets</b> - GF*<br>6:30 - 30m Vanessa E<br><b>Flow</b> - HS*<br>7:00 - 60m Madison D<br><b>ZUMBA @</b> - GF*<br>7:00 - 60m Celeste J | <b>Barbell 30</b> - GF*<br>4:30 - 30m Christopher O<br><b>Ignite20</b> - GF*<br>5:00 - 30m Christopher O<br><b>Hot Pilates Mat</b> - HS*<br>5:30 - 45m Lauren S.<br><b>The Ride</b> - R*<br>5:30 - 45m Edmundo B<br><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF*<br>6:00 - 30m Leslie K<br><b>Top it Off</b> - GF*<br>6:30 - 30m Leslie K<br><b>Hot Mobility</b> - HS*<br>6:30 - 30m Lauren S.<br><b>ZUMBA @</b> - GF*<br>7:00 - 60m Laurelle<br><b>Hot Athlete</b> - HS*<br>7:00 - 45m Christopher O | <b>Absolution</b> - GF*<br>4:30 - 30m Leez M<br><b>Top to Bottom Burnout</b> - GF*<br>5:00 - 30m Leez M<br><b>The Ride (Bilingual)</b> - R*<br>5:30 - 45m Leez M<br><b>Fat Burning Pilates</b> - GF*<br>6:00 - 30m Vanessa E<br><b>Barre Assets</b> - GF*<br>6:30 - 30m Vanessa E<br><b>Hot Core</b> - HS*<br>6:30 - 30m Leez M<br><b>ZUMBA @</b> - GF*<br>7:00 - 60m Celeste J<br><b>Flow</b> - HS*<br>7:00 - 60m Alexa M | <b>Barbell 30</b> - GF*<br>4:30 - 30m Christopher O<br><b>Ignite20</b> - GF*<br>5:00 - 30m Christopher O<br><b>The Ride: Let the Beat Drop</b> - R*<br>5:30 - 45m Raquel S<br><b>Hot Pilates Mat</b> - HS*<br>5:30 - 45m Lauren S.<br><b>Top it Off</b> - GF*<br>6:00 - 30m Leslie K<br><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF*<br>6:30 - 30m Leslie K<br><b>Hot Mobility</b> - HS*<br>6:30 - 30m Lauren S.<br><b>Hot Athlete</b> - HS*<br>7:00 - 45m Christopher O<br><b>ZUMBA @</b> - GF*<br>7:00 - 60m Laurelle | <b>So You Think You Can't Dance</b> - GF*<br>6:30 - 60m Celeste J  |   |  |



# CLASS DESCRIPTIONS

# SIX MILE

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

9375 6 Mile Cypress Pkwy | 239.768.9055

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

**Absolution:** The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

**Barbell 30:** 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!}

**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!}

**Barre Assets:** Combine fat burning exercises with classical ballet movements and leave looking as lean and toned as a prima ballerina.}

**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.}

**Cardio Sculpt:** Non-stop body sculpting accompanied by heart pumping cardio.}

**EVOLVE: Ability:** Meet the next revolution in fitness in our Active Older Adult program. Designed for active seniors who want to keep it moving, pain-free, EVOLVE: Ability focuses on mobility, stability, and flexibility. This unique workout prevents injury, develops range of motion, core stability, and enhances postural alignment, all in a 30-minute workout that leaves you strong, balanced, and moving with ease! You'll feel refreshed and ready for anything life has to offer!}

**EVOLVE: Active:** Become the best version of yourself with EVOLVE: Active! This class designed for Active Older Adults features bursts of diverse low impact exercises designed to protect joints, support bone density, train your balance, and energize your body with multi-level cardio-based exercises to keep your heart healthy and your metabolism firing! Go active and get ready to move!}

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

**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}

**HIIT The Deck:** HIIT the deck for a one of a kind workout that will transform your body. Jump, run, step, hop, and power your way through this high intensity class designed to torch calories while challenging your agility, strength and stamina.}

**Hot Athlete:** Pour the heat on in this workout designed for the whole athlete. This wicked workout incorporating mobility, strength, amped up cardio, flexibility and core, in conjunction with the therapeutic effects of 100-degrees of infrared heat, creates a total body reset that will make you feel strong, loose, and long.

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

**Hot Core:** Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.

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

**Hot Mobility:** Let the heat melt your muscles and rejuvenate your joints in this energetic mobility-based class. Variations on mobility exercises interspersed with segments of progressive muscle release, all in 100-degree infrared heat, will create ease in movement, pain-free.

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}

**Ignite20:** Torch calories in this high intensity Tabata based cardio class designed to ignite the fire within. A unique combination of body weight exercises and specially designed burnout rounds ignite the fire in this workout. Sound the alarm and burn through 6 rounds of work with each round lighting a bigger fire through increased workload and intensity.}

**So You Think You Can't Dance:** Bring the magic of dancing back with this cardio dance class which combines easy to follow moves with fun choreography. This non stop format, will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again!}

**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.}

**The Ride (Bilingual):** Put the pedals to the metal in this fast-paced workout taught on a stationary bike and led by a Crunch Master Instructor. You'll climb, sprint, and train to incredible music and extraordinary instruction. \*This class is cued in both English and Spanish.\*}

**The Ride: Let the Beat Drop:** Take it to the CLUB and let your feet sync with the beat as we turn up the volume and get lost in the rhythm of our ride. Your heart rate will be pumping to the bumpin' tunes as our skilled RIDE coaches lead you through a results-driven cycle class using the power of high-energy music to drive your performance.}

**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.}

**Top to Bottom Burnout:** Break out the booty bands and dumbbells for a hard-hitting infusion of strength to build your bone density and rock-solid confidence! Band together the bottom half, take it to the top with dumbbells, then burn out the combination for an experience your body will remember for days. Bottoms up!}

**Unbreakable:** Become unbreakable by utilizing the power of yoga, deep stretching techniques and myofascial release. Breathe, flow and find your way to an "unbreakable body" in this class that focuses on the power of restoration. This 60 minute class will start with traditional Vinyasa flow followed by specific releases using straps, lacrosse balls and blocks. Designed to get relieve your body, calm your mind and light your soul this class is the perfect addition to preserve and protect your most valuable asset.}

**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.}