



GROUP FITNESS

BOY SCOUT

Week of 08/18/25

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

MORNING



MID-DAY



EVENING



| | MONDAY, 08/18/25 | TUESDAY, 08/19/25 | WEDNESDAY, 08/20/25 | THURSDAY, 08/21/25 | FRIDAY, 08/22/25 | SATURDAY, 08/23/25 | SUNDAY, 08/24/25 |
|--|--|--|--|---|---|---|---|
| | The Ride - R* 5:30 - 45m Raquel S Barbell 45 - GF* 6:00 - 45m Kimmie Hot Pilates Mat - HS* 8:00 - 45m Danielle H Foundation - HS* 9:00 - 60m Michael W The Ride: Let the Beat Drop - R* 9:00 - 45m Amy S Barbell 45 - GF* 10:00 - 45m Lauren S. Hot Pilates Mat - HS* 10:45 - 45m Lauren S. ZUMBA @ - GF* 11:00 - 60m Suzanne B | The Ride: Let the Beat Drop - R* 5:30 - 45m Amy S Hot Pilates Mat - HS* 6:00 - 45m Vanessa E Hot Athlete - HS* 7:00 - 45m Paola A The Ride - R* 9:00 - 45m Donna F Flow - HS* 9:00 - 60m Eden C Barbell 45 - GF* 9:00 - 45m Christopher O Hot Core - HS* 10:00 - 30m Christopher O Yoga Body Sculpt - GF* 10:00 - 60m Jamie R ZUMBA @ - GF* 11:00 - 60m Jess | The Ride: Let the Beat Drop - R* 5:30 - 45m Raquel S Barbell 45 - GF* 6:00 - 45m Kimmie Hot Pilates Mat - HS* 8:00 - 45m Danielle H Foundation - HS* 9:00 - 60m Angelica M The Ride: Let the Beat Drop - R* 9:00 - 45m Amy S Barbell Battleground - GF* 10:00 - 45m Lauren S. Hot Athlete - HS* 10:45 - 45m Lauren S. ZUMBA @ - GF* 11:00 - 60m Suzanne B | The Ride: Let the Beat Drop - R* 5:30 - 45m Amy S Hot Pilates Mat - HS* 6:00 - 45m Vanessa E Hot Athlete - HS* 7:00 - 45m Paola A The Ride - R* 9:00 - 45m Donna F Flow - HS* 9:00 - 60m Eden C Barbell 45 - GF* 9:00 - 45m Christopher O Yoga Body Sculpt - GF* 10:00 - 60m Jamie R Hot Core - HS* 10:00 - 30m Christopher O ZUMBA @ - GF* 11:00 - 60m Melanie | The Ride - R* 5:30 - 45m Raquel S Hot Pilates Mat - HS* 8:00 - 45m Cyndi Hot Core - HS* 9:00 - 30m Kailey B The Ride - R* 9:00 - 45m Cyndi Hot Mobility - HS* 9:30 - 30m Kailey B Legendary Strength - GF* 10:00 - 45m Lauren S. Hot Pilates Mat - HS* 10:45 - 45m Lauren S. ZUMBA @ - GF* 11:00 - 60m Kim V | The Ride - R* 8:00 - 45m Donna F Hot Athlete - HS* 8:00 - 45m Maryanna H Beach Workout - Legs, Core & More - GF* 9:00 - 30m Laurelle Hot Pilates Mat - HS* 9:00 - 45m Kristina D Beach Workout - Arms & Abs - GF* 9:30 - 30m Laurelle ZUMBA @ - GF* 10:00 - 60m Laurelle Flow - HS* 10:00 - 60m Alexa M | Foundation - HS* 9:00 - 60m Angelica M Barbell 45 - GF* 9:00 - 45m Maryanna H Hot Core - HS* 10:00 - 30m Jamal Yoga Body Sculpt - GF* 10:00 - 60m Madison D Hot Athlete - HS* 10:30 - 45m Jamal |
| | EVOLVE: Ability - GF* 12:00 - 30m Anne S Tough Tread - GF* 12:00 - 45m Lauren S. EVOLVE: Active - GF* 12:30 - 30m Anne S | | EVOLVE: Ability - GF* 12:00 - 30m Anne S Tough Tread - GF* 12:00 - 45m Lauren S. EVOLVE: Active - GF* 12:30 - 30m Anne S | | Unbreakable - HS* 12:00 - 60m Lauren S. | | |
| | The Ride: Let the Beat Drop - R* 5:15 - 45m Kylie K Flow - HS* 5:30 - 60m Johniece H Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Leslie K Hot Core - HS* 6:30 - 30m Sadie S Top it Off - GF* 6:30 - 30m Leslie K Hot Mobility - HS* 7:00 - 30m Sadie S So You Think You Can't Dance - GF* 7:00 - 60m Kim V | Barbell 45 - GF* 5:30 - 45m Maryanna H The Ride - R* 5:30 - 45m Erin C Hot Pilates Mat - HS* 5:30 - 45m Sadie S Hot Athlete - HS* 6:30 - 45m Paola A ZUMBA @ - GF* 7:00 - 60m Shana | The Ride: Let the Beat Drop - R* 5:15 - 45m Kylie K Flow - HS* 5:30 - 60m Alexa M Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Leslie K Hot Core - HS* 6:30 - 30m Sadie S Top it Off - GF* 6:30 - 30m Leslie K Hot Mobility - HS* 7:00 - 30m Sadie S So You Think You Can't Dance - GF* 7:00 - 60m Kim V | Barbell 45 - GF* 5:30 - 45m Maryanna H The Ride - R* 5:30 - 45m Erin C Hot Pilates Mat - HS* 5:30 - 45m Sadie S Hot Athlete - HS* 6:30 - 45m Paola A ZUMBA @ - GF* 7:00 - 60m Shana | | | |



CLASS DESCRIPTIONS

BOY SCOUT

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

1755 Boy Scout Dr | 239.931.6664

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

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!}

Barbell Battleground: Enter the barbell battleground for a total body strength workout that will leave you strong and streamlined. Utilizing an adjustable barbell, resistance band, and plates, this workout will test your limits with a mix of strength training techniques designed to maximize both reps and results.}

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-torching 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.}

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!}

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 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}

Legendary Strength: Push your goals with our nonstop total body strength workout. Set up your strength round using moderate weights, then repeat that superset with heavier dumbbells to grow more legendary with every rep! You'll feel empowered (and a little breathless), so get ready to grow stronger with Crunch!}

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: 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.}

Tough Tread: Take the dread out of treadmill training in this challenging format where YOU define toughness! Pyramid work segments on the treadmill alternate with segments of heavy upper body dumbbell work off the treadmill to maximize your fitness. Whether you're a walking warrior or an avid runner, time flies by in this fiercely fun cardio and strength blast that reveals your drive and determination!}

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.}

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.}