



GROUP FITNESS

COLLEYVILLE

Week of 06/09/25

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

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
	The Ride - R* 5:30 - 45m Jeannia B Barbell 45 - GF* 8:30 - 45m Tricia M ZUMBA @ - GF* 9:30 - 60m Catalina S Hot Pilates Mat - HS* 10:15 - 45m Erica P Yoga Body Sculpt - GF* 10:30 - 60m Angela C	Beach Workout - Arms & Abs - GF* 9:00 - 30m Erica P Beach Workout - Legs, Core & More - GF* 9:30 - 30m Erica P Foundation - HS* 10:15 - 60m Erica P	The Ride - R* 5:30 - 45m Jeannia B Barbell 45 - GF* 8:30 - 45m Melinda M ZUMBA @ - GF* 9:30 - 60m Catalina S Hot Pilates Mat - HS* 10:15 - 45m Erica P Chill the Flow Out Yoga - GF* 10:30 - 60m Angela C	Beach Workout - Arms & Abs - GF* 9:00 - 30m Mickey Beach Workout - Legs, Core & More - GF* 9:30 - 30m Mickey Foundation - HS* 10:15 - 60m Angie	The Ride - R* 5:30 - 45m Jeannia B Barbell 45 - GF* 8:30 - 45m Angela C ZUMBA @ - GF* 9:30 - 60m Angela C Hot Pilates Mat - HS* 10:15 - 45m Angie Yoga Body Sculpt - GF* 10:30 - 60m Angela C	Yoga Body Sculpt - GF* 8:00 - 60m Wendy T ZUMBA @ - GF* 9:00 - 60m Alvaro G The Ride - R* 9:00 - 45m Christalena Hot Pilates Mat - HS* 10:00 - 45m Debbie D	ZUMBA @ - GF* 10:00 - 60m Payal V
	Hot Pilates Mat - HS* 12:15 - 45m Melinda M		Hot Pilates Mat - HS* 12:15 - 45m Melinda M		Hot Pilates Mat - HS* 12:15 - 45m Melinda M		
	The Ride - R* 5:30 - 45m Jeannia B Flow - HS* 6:00 - 60m SueAnn L Barbell 45 - GF* 6:30 - 45m Melinda M ZUMBA @ - GF* 7:15 - 60m Alvaro G	Beach Workout - Legs, Core & More - GF* 6:00 - 30m Melinda M Beach Workout - Arms & Abs - GF* 6:30 - 30m Catalina S Hot Pilates Mat - HS* 7:00 - 45m Melinda M ZUMBA @ - GF* 7:00 - 60m Marvel M	The Ride - R* 5:30 - 45m DREW Flow - HS* 6:00 - 60m SueAnn L Barbell 45 - GF* 6:30 - 45m DREW ZUMBA @ - GF* 7:15 - 60m Marvel M	Beach Workout - Legs, Core & More - GF* 6:00 - 30m Melinda M Beach Workout - Arms & Abs - GF* 6:30 - 30m Melinda M Hot Pilates Mat - HS* 7:00 - 45m Melinda M ZUMBA @ - GF* 7:00 - 60m Marvel M	ZUMBA @ - GF* 6:00 - 60m Angela C		



CLASS DESCRIPTIONS

COLLEYVILLE

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

4701 Colleyville Blvd | 817.748.8410

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!}

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!}

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.}

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.}

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.}