



GROUP FITNESS

GAINESVILLE GA

Week of 06/23/25

*HS / Hot Studio GF / Group Fitness

MORNING



MID-DAY



EVENING



	MONDAY, 06/23/25	TUESDAY, 06/24/25	WEDNESDAY, 06/25/25	THURSDAY, 06/26/25	FRIDAY, 06/27/25	SATURDAY, 06/28/25	SUNDAY, 06/29/25
MORNING	Hot HIIT - HS* 5:30 - 30m Tara K Hot Core - HS* 6:00 - 30m Tara K Hot Athlete - HS* 7:00 - 45m Tara K Foundation - HS* 9:00 - 60m Caitlin P Barbell 45 - GF* 9:15 - 45m Jenny O. ZUMBA @ - GF* 10:00 - 60m Jenny O. Hot Pilates Mat - HS* 10:00 - 45m Caitlin P	Barbell 45 - GF* 5:30 - 45m Taylor V Hot Pilates Mat - HS* 9:00 - 45m Caitlin P Cardio Tai Box - GF* 9:00 - 30m Patricia A Resisted: Speed & Strength - GF* 9:30 - 30m Patricia A Yoga Body Sculpt - GF* 10:00 - 60m Caitlin P	Hot HIIT - HS* 7:00 - 30m Tara K Hot Core - HS* 7:30 - 30m Tara K Barbell 45 - GF* 9:15 - 45m Patricia A Yoga Body Sculpt - GF* 10:00 - 60m Bhaumi S	Barbell 45 - GF* 5:30 - 45m Taylor V Cardio Tai Box - GF* 9:00 - 30m Renee Flow - HS* 9:00 - 60m Tanya H Resisted: Speed & Strength - GF* 9:30 - 30m Renee Hot Core - HS* 10:00 - 30m Tanya H	Hot Athlete - HS* 7:00 - 45m Tara K Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Mary A Top it Off - GF* 9:30 - 30m Mary A Foundation - HS* 10:00 - 60m Tanya H ZUMBA @ - GF* 10:00 - 60m Mary A Hot Core - HS* 11:00 - 30m Tanya H	Cardio Tai Box - GF* 8:30 - 30m Renee Resisted: Speed & Strength - GF* 9:00 - 30m Renee Barbell 45 - GF* 9:45 - 45m Tara K Hot Pilates Mat - HS* 10:00 - 45m Rosie ZUMBA @ - GF* 10:45 - 60m Tatiana D Flow - HS* 11:00 - 60m Bhaumi S	
MID-DAY							Flow - HS* 1:00 - 60m Tanya H Hot Core - HS* 2:00 - 30m Tanya H
EVENING	Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Melissa L Cardio Tai Box - GF* 6:00 - 30m Melissa L Fat Burning Pilates - GF* 6:30 - 30m Melissa L So You Think You Can't Dance - GF* 7:00 - 60m Amiya J Hot Pilates Mat - HS* 7:15 - 45m Freida	Foundation - HS* 6:00 - 60m Caitlin D Barbell 45 - GF* 6:00 - 45m Rosie Hot Core - HS* 7:00 - 30m Caitlin D ZUMBA @ - GF* 7:00 - 60m Ala Y	Flow - HS* 6:00 - 60m Caitlin D Cardio Tai Box - GF* 6:00 - 30m Jenny O. Absolution - GF* 6:30 - 30m Jenny O. Hot Core - HS* 7:00 - 30m Caitlin D ZUMBA @ - GF* 7:00 - 60m Freida	Barbell 45 - GF* 5:00 - 45m Rosie Hot Pilates Mat - HS* 6:00 - 45m Freida ZUMBA @ - GF* 7:00 - 60m Freida	ZUMBA @ - GF* 6:30 - 60m Ala Y		



CLASS DESCRIPTIONS

GAINESVILLE GA

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

250 John W Morrow Jr. pkwy | 470.768.7280

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 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!}

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 Tai Box: A high energy; high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.}

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}

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 HIIT: Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

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}

Resisted: Speed & Strength: Take your workout to new lengths with state-of-the-art dynamic sleeved training equipment to challenge your muscles with a different kind of resistance. Release your inner athlete, building endurance and strength as you alternate between intense strength and heart-pumping cardio intervals.}

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!}

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.}