



GROUP FITNESS

HILLSBOROUGH

Week of 04/21/25

*GF / Group Fitness

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING 	POUND® - GF* 10:15 - 30m Lekesia W Chisel - GF* 10:45 - 30m Lekesia W	The Ride - GF* 6:00 - 45m Sandi ZUMBA ® - GF* 10:30 - 60m Lekesia W	Cardio Tai Box - GF* 9:30 - 30m Nicole C Barbell 45 - GF* 10:15 - 45m Nicole C	The Ride - GF* 6:00 - 45m Sandi	The Ride - GF* 10:15 - 45m Nanjalee M	The Ride: Let the Beat Drop - GF* 8:00 - 45m Taylor B POUND® - GF* 9:00 - 30m Nicole C Chisel - GF* 9:30 - 30m Nicole C ZUMBA ® - GF* 10:15 - 60m Nicole C	The Ride: Let the Beat Drop - GF* 10:00 - 45m Treye W
MID-DAY 							
EVENING 	Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Taylor B The Ride - GF* 6:15 - 45m Mecca H Top it Off - GF* 6:30 - 30m Taylor B So You Think You Can't Dance - GF* 7:00 - 60m Nicole C Hatha Flow - GF* 8:15 - 60m Sandi	Barbell 45 - GF* 6:00 - 45m Nanjalee M The Ride: Let the Beat Drop - GF* 6:15 - 45m Jackie H ZUMBA ® - GF* 7:00 - 60m Peter C	Barre Assets - GF* 6:00 - 30m Ella H The Ride - GF* 6:15 - 45m Nanjalee M Ripped Pilates - GF* 6:30 - 30m Ella H ZUMBA ® - GF* 7:00 - 60m Troy Hatha Flow - GF* 8:15 - 60m Sandi	Barbell 45 - GF* 6:00 - 45m Nicole C The Ride: Let the Beat Drop - GF* 6:15 - 45m Ella H ZUMBA ® - GF* 7:00 - 60m Nicole C			



CLASS DESCRIPTIONS

HILLSBOROUGH

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

4340 West Hillsborough Ave | 813.605.2500

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 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!}

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 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.}

Chisel: Use weights and calisthenics to sculpt and shape muscles.}

Hatha Flow: Yoga that integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. A delicious, mindful and moving class. All levels welcome.}

POUND@: Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix™ - weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.}

Ripped Pilates: Get ripped with this bad\$\$\$ take on mat Pilates. Not your mama's practice, this format activates the core, builds strength and muscular endurance, and powers through a sweat-inducing energizing flow. You will come away unstoppable.}

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.}

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.}