



GROUP FITNESS

LAKE MARY

Week of 06/16/25
*GF / Group Fitness R / Ride

	MONDAY, 06/16/25	TUESDAY, 06/17/25	WEDNESDAY, 06/18/25	THURSDAY, 06/19/25	FRIDAY, 06/20/25	SATURDAY, 06/21/25	SUNDAY, 06/22/25
MORNING 	The Ride - R* 5:45 - 45m Setu S P3 Pilates - GF* 9:30 - 45m Lauren F	EVOLVE: Active - GF* 10:00 - 30m Kelsi P EVOLVE: Ability - GF* 10:30 - 30m Kelsi P	The Ride: Heavy Mileage - R* 6:15 - 45m Ana G Barbell 45 - GF* 9:00 - 45m Stacy W Yoga Body Sculpt - GF* 10:00 - 60m Lauren F	EVOLVE: Active - GF* 10:00 - 30m Kelsi P EVOLVE: Ability - GF* 10:30 - 30m Kelsi P	Aqua Attack - GF* 9:00 - 60m Stacy W	Yoga Body Sculpt - GF* 9:00 - 60m Stephanie T	
MID-DAY 							
EVENING 	Barbell 45 - GF* 5:45 - 45m Setu S P3 Pilates - GF* 6:30 - 45m Setu S	No Judgments, No Limits: The Ultimate Ride - R* 6:00 - 60m Rachel P	Barbell 45 - GF* 5:30 - 45m Jessica W ZUMBA ® - GF* 6:30 - 60m Alithu A Yoga Body Sculpt - GF* 7:30 - 60m Stephanie T				



CLASS DESCRIPTIONS

LAKE MARY

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

236 Wheelhouse Ln | 321.233.8669

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

Aqua Attack: Immerse yourself in multiple fitness modalities, all using the power of the pool! Plunge into quadrants of cardio, plyo pop-ups, splashes of strength, and chunks of core-crushing work, all designed to get you fiercely fit in a tsunami of FUN!

NOTE: Participants should wear close-fitting fitness gear (not swimsuits) and aquatic or athletic shoes designated for pool workouts. Street shoes are not recommended, as to avoid pool contamination.}

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!}

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!}

No Judgments, No Limits: The Ultimate Ride:

Break through barriers, smash goals and torch calories in this signature ride that pushes your power to the max. Embodying our No Judgements, No Limits motto this ride class focuses utilization of the console to push increasing power numbers in a no limits, no holds barred ride class that will deliver the ultimate results.}

P3 Pilates: Power, Precision, and Progression are the focus of this one-of-a-kind Pilates workout. Grab a mat, a pair of dumbbells and get ready to work through a series of exercises designed to leave you long and lean with a rock-solid core. Take Pilates to the next level using flowing patterns that will demand power and precision while providing progressions that suit all fitness levels.}

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: Heavy Mileage: Put the pedals to the metal in this interval based workout. You will work in dedicated rounds of cardio and endurance on the bike and then you will dismount and kick it up a notch by adding weights into the mix. Weighted rounds are performed off the bike for maximum performance. Get ready to take on this challenge. Are you ready for heavy mileage?}

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.}