



GROUP FITNESS

MIAMI GARDENS

Week of 06/30/25
*GF / Group Fitness R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
		The Ride: Let the Beat Drop - R* 9:00 - 45m Darelle Work the Room - GF* 9:00 - 30m Canard Absolution - GF* 9:30 - 30m Nannette EVOLVE: Active - GF* 10:00 - 30m Nannette EVOLVE: Ability - GF* 10:30 - 30m Nannette Chill the Flow Out Yoga - GF* 11:00 - 60m Nannette	Barbell 45 - GF* 9:00 - 45m Natalie EVOLVE: Active - GF* 10:00 - 30m Natalie EVOLVE: Ability - GF* 10:30 - 30m Natalie	Cardio Tai Box - GF* 9:00 - 30m Canard Chisel - GF* 9:30 - 30m Aisha EVOLVE: Active - GF* 10:00 - 30m Aisha EVOLVE: Ability - GF* 10:30 - 30m Aisha	Barbell 45 - GF* 9:00 - 45m Natalie EVOLVE: Active - GF* 10:00 - 30m Natalie EVOLVE: Ability - GF* 10:30 - 30m Natalie	Barbell 45 - GF* 8:00 - 45m Marilyn The Ride: Let the Beat Drop - R* 9:00 - 45m Darelle ZUMBA @ - GF* 9:00 - 60m Maria	
	EVOLVE: Active - GF* 12:30 - 30m Natalie EVOLVE: Ability - GF* 1:00 - 30m Natalie						
	ZUMBA @ - GF* 5:30 - 60m Maria The Ride - R* 6:30 - 45m Suhaila Barbell 45 - GF* 6:30 - 45m Canard	The Ride - GF* 5:30 - 45m Suhaila P3 Pilates - GF* 5:30 - 45m Marilyn	ZUMBA @ - GF* 5:30 - 60m Maria The Ride: Let the Beat Drop - R* 6:30 - 45m Cindy Cardio Tai Box - GF* 6:30 - 30m Canard Absolution - GF* 7:00 - 30m Canard	P3 Pilates - GF* 5:30 - 45m Marilyn The Ride: Let the Beat Drop - R* 6:30 - 45m Cindy			



CLASS DESCRIPTIONS

MIAMI GARDENS

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

19371 NW 27th Ave | 305.907.5960

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!}

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.}

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.}

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

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!}

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: 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.}

Work the Room: In this jam-packed, wall-to-wall workout, you will Work the Room, exploring every inch of the studio and every piece of equipment available! Push your limits as a team at each station using a variety of equipment and a wide range of strength, cardio, core, and athletic drills. Each successive round of work drops in time but increases in intensity. Help your team push itself to new heights! Work the Room and crush some serious fitness goals!}

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.}