



# GROUP FITNESS

DORAL

Week of 06/30/25

\*GF / Group Fitness

	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
MORNING 			<b>Barbell 45</b> - GF* 7:00 - 45m Sharon	<b>Barbell 45</b> - GF* 9:00 - 45m Karen D <b>ZUMBA @</b> - GF* 10:00 - 60m Karen D		<b>ZUMBA @</b> - GF* 9:00 - 60m Omar <b>*Special Event*</b> <b>Sundown Savasana</b> - GF* 10:00 - 60m Claudia	
MID-DAY 							
EVENING 	<b>Barbell 45</b> - GF* 6:30 - 45m Angelica <b>The Ride</b> - GF* 7:30 - 45m Angelica <b>P3 Pilates</b> - GF* 8:30 - 45m Sabrina <b>10 in 10: Core</b> - GF* 9:15 - 15m Sabrina	<b>HIIT The Deck</b> - GF* 5:30 - 30m Sharon <b>Top to Bottom Burnout</b> - GF* 6:00 - 30m Sharon <b>ZUMBA @</b> - GF* 6:30 - 60m Sharon	<b>Fat Burning Pilates</b> - GF* 6:30 - 30m Angelica <b>Absolution</b> - GF* 7:00 - 30m Angelica <b>The Ride</b> - GF* 7:30 - 45m Angelica	<b>Barbell 45</b> - GF* 5:30 - 45m Sonia <b>ZUMBA @</b> - GF* 6:30 - 60m Sonia <b>P3 Pilates</b> - GF* 7:30 - 45m Sabrina <b>10 in 10: Core</b> - GF* 8:15 - 15m Sabrina			



# CLASS DESCRIPTIONS

# DORAL

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

1970 NW 117 PL | 305.397.0627

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

**\*Special Event\* Sundown Savasana:** Enjoy the sounds of soothing ocean waves and beach music while taking a journey through a singular mind/body experience. Combining the best of hatha yoga, flowing fusion and graceful Pilates, this class will leave you feeling fluid and flexible. Wrap up this special class with a savasana designed to transport your mind and body to the beachy shores.}

**10 in 10: Core:** Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

**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!}

**Fat Burning Pilates:** Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

**HIIT The Deck:** HIIT the deck for a one of a kind workout that will transform your body. Jump, run, step, hop, and power your way through this high intensity class designed to torch calories while challenging your agility, strength and stamina.}

**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.}

**Top to Bottom Burnout:** Break out the booty bands and dumbbells for a hard-hitting infusion of strength to build your bone density and rock-solid confidence! Band together the bottom half, take it to the top with dumbbells, then burn out the combination for an experience your body will remember for days. Bottoms up!}

**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.}