



GROUP FITNESS

PLANTATION

Week of 08/18/25

*GF / Group Fitness R / Ride PL / Pool

MORNING



MID-DAY



EVENING



	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING	ZUMBA @ - GF* 9:00 - 60m Ruby Legendary Strength - GF* 10:00 - 45m Michele G Aqua Attack - PL* 10:00 - 60m Rose M P3 Pilates - GF* 11:00 - 45m Ana H	Yoga Body Sculpt - GF* 9:00 - 60m Michele G The Ride - R* 10:00 - 45m Michele G EVOLVE: Active - GF* 10:00 - 30m Nancy C EVOLVE: Ability - GF* 10:30 - 30m Nancy C	Legendary Strength - GF* 9:00 - 45m Nancy C Aqua Attack - PL* 10:00 - 60m Laura J Yoga Body Sculpt - GF* 11:00 - 60m Alicia A	P3 Pilates - GF* 9:15 - 45m Florencia The Ride - R* 10:00 - 45m Gerald F HIIT The Deck - GF* 10:15 - 30m Nancy C Top it Off - GF* 10:45 - 30m Nancy C EVOLVE: Active - GF* 11:15 - 30m Nancy C EVOLVE: Ability - GF* 11:45 - 30m Nancy C	ZUMBA @ - GF* 9:00 - 60m Courtney S Belly, Butt, & Thighs Bootcamp - GF* 10:00 - 30m Nichole W Aqua Attack - PL* 10:15 - 60m Courtney S Top it Off - GF* 10:30 - 30m Nichole W Yoga Body Sculpt - GF* 11:00 - 60m Elizabeth D	The Ride - R* 9:00 - 45m Jules ZUMBA @ - GF* 9:00 - 60m Lisseth V Aqua Attack - PL* 10:15 - 60m Gerald F Barbell 45 - GF* 11:00 - 45m Michelle J 10 in 10: Core - GF* 11:45 - 15m Michelle J	Yoga Body Sculpt - GF* 10:00 - 60m Alicia A
MID-DAY			EVOLVE: Active - GF* 12:15 - 30m Rose M EVOLVE: Ability - GF* 12:45 - 30m Rose M		EVOLVE: Active - GF* 12:15 - 30m Rose M EVOLVE: Ability - GF* 12:45 - 30m Rose M		
EVENING	Yoga Body Sculpt - GF* 5:30 - 60m Gia G Belly, Butt, & Thighs Bootcamp - GF* 6:30 - 30m Melanie H Aqua Attack - PL* 6:30 - 60m Shana Top it Off - GF* 7:00 - 30m Melanie H ZUMBA @ - GF* 7:30 - 60m Lisseth V	Cardio Tai Box - GF* 6:00 - 30m Tanya C Barbell 45 - GF* 6:30 - 45m Tanya C ZUMBA @ - GF* 7:30 - 60m Alisha C	The Ride - R* 5:30 - 45m Michele G Belly, Butt, & Thighs Bootcamp - GF* 6:30 - 30m Michele G Top it Off - GF* 7:00 - 30m Michele G ZUMBA @ - GF* 7:30 - 60m Lisseth V	Cardio Tai Box - GF* 6:00 - 30m Tanya C Barbell 45 - GF* 6:30 - 45m Tanya C Aqua Attack - PL* 6:30 - 60m Melanie H ZUMBA @ - GF* 7:30 - 60m Alexander			



CLASS DESCRIPTIONS

PLANTATION

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

700 South Pine Island Rd | 954.472.9998

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

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.}

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!}

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.}

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!}

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.}

Legendary Strength: Push your goals with our nonstop total body strength workout. Set up your strength round using moderate weights, then repeat that superset with heavier dumbbells to grow more legendary with every rep! You'll feel empowered (and a little breathless), so get ready to grow stronger with Crunch!}

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 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.}