



GROUP FITNESS

ORLANDO PARK

Week of 06/30/25
*GF / Group Fitness PL / Pool

	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 	ZUMBA ® - GF* 10:00 - 60m Jannilet F	Work the Room - GF* 9:00 - 30m Angelica F Absolution - GF* 9:30 - 30m Angelica F Aqua Attack - PL* 10:15 - 60m Angelica F	The Ride - GF* 9:30 - 45m Jannilet F	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Angelica F Top it Off - GF* 9:30 - 30m Angelica F Aqua Marine - PL* 10:15 - 60m Angelica F	ZUMBA ® - GF* 10:00 - 60m Daniela D	P3 Pilates - GF* 9:00 - 45m Emily M No Judgments, No Limits: The Ultimate Ride - GF* 10:30 - 60m Cathy	
MID-DAY 		Yoga Body Sculpt - GF* 12:00 - 60m Lisa R		Yoga Body Sculpt - GF* 12:00 - 60m Lisa R			
EVENING 	P3 Pilates - GF* 5:30 - 45m Karina A Barbell 30 - GF* 6:15 - 30m Karina A ZUMBA ® - GF* 7:00 - 60m Lina S	No Judgments, No Limits: The Ultimate Ride - GF* 6:30 - 60m Cathy Top it Off - GF* 7:30 - 30m Cathy Belly, Butt, & Thighs Bootcamp - GF* 8:00 - 30m Cathy	Barbell 45 - GF* 5:30 - 45m Leslie P ZUMBA ® - GF* 7:00 - 60m Lina S	No Judgments, No Limits: The Ultimate Ride - GF* 6:30 - 60m Cathy P3 Pilates - GF* 7:30 - 45m Cathy			



CLASS DESCRIPTIONS

ORLANDO PARK

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

12187 E Colonial Dr. | 321.332.9704
Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

Absolution: The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

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.}

Aqua Marine: Make a SPLASH with this water-based HIIT workout that protects the joints while kicking ass. Get in formation with your platoon with weighted and unweighted athletic drills designed to amp up your heart rate and challenge your strength, all in 360° of water resistance, without swimming a lap!}

Barbell 30: 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!}

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.}

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.}

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.}

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!}

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.}