



GROUP FITNESS

HOMESTEAD

Week of 08/18/25
*GF / Group Fitness R / Ride

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	The Ride - R* 6:30 - 45m George Work the Room - GF* 9:00 - 30m Sierra Absolution - GF* 9:30 - 30m Sierra ZUMBA @ - GF* 10:00 - 60m Seiny The Ride: Level it Up - R* 10:00 - 45m Eyaimy EVOLVE: Active - GF* 11:00 - 30m Ineabelle EVOLVE: Ability - GF* 11:30 - 30m Ineabelle	The Ride - R* 6:30 - 45m Ivy The Ride - R* 9:00 - 45m Fabi Barbell 45 - GF* 9:00 - 45m Beatriz ZUMBA @ - GF* 10:00 - 60m Ineabelle EVOLVE: Active - GF* 11:15 - 30m Ineabelle EVOLVE: Ability - GF* 11:45 - 30m Ineabelle	The Ride - R* 6:30 - 45m George Top it Off - GF* 9:00 - 30m Sierra The Ride - R* 9:00 - 45m Eyaimy Band Camp - GF* 9:30 - 30m Sierra ZUMBA @ - GF* 10:00 - 60m Ineabelle EVOLVE: Active - GF* 11:00 - 30m Ineabelle EVOLVE: Ability - GF* 11:30 - 30m Ineabelle	Barbell 45 - GF* 9:00 - 45m Beatriz The Ride: Level it Up - R* 10:00 - 45m Eyaimy Yoga Body Sculpt - GF* 11:00 - 60m Valentina	Work the Room - GF* 9:00 - 30m Sierra Absolution - GF* 9:30 - 30m Sierra ZUMBA @ - GF* 10:00 - 60m Ineabelle EVOLVE: Active - GF* 11:00 - 30m Ineabelle EVOLVE: Ability - GF* 11:30 - 30m Ineabelle	Push the Perimeter - GF* 8:00 - 30m Sierra Absolution - GF* 8:30 - 30m Sierra Barbell 45 - GF* 9:00 - 45m Beatriz ZUMBA @ - GF* 10:00 - 60m Ineabelle Chill the Flow Out Yoga - GF* 11:00 - 60m Andres	The Ride - R* 9:30 - 45m Eyaimy ZUMBA @ - GF* 10:00 - 60m Dahiana
MID-DAY							
EVENING	Cardio Tai Box Loaded - GF* 6:00 - 30m Beatriz The Ride - R* 6:30 - 45m Ivy Barbell 30 - GF* 6:30 - 30m Beatriz ZUMBA @ - GF* 7:00 - 60m Dahiana Yoga Body Sculpt - GF* 8:00 - 60m Valentina	Barbell 45 - GF* 6:00 - 45m Beatriz The Ride: Let the Beat Drop - R* 6:30 - 45m Jojo So You Think You Can't Dance - GF* 7:00 - 60m Dahiana ZUMBA @ - GF* 8:00 - 60m Telena	Cardio Tai Box - GF* 6:00 - 30m Beatriz Barbell 30 - GF* 6:30 - 30m Beatriz The Ride - R* 6:30 - 45m Fabi ZUMBA @ - GF* 7:00 - 60m Jose	Barbell 45 - GF* 6:00 - 45m Beatriz The Ride - R* 6:30 - 45m Andres ZUMBA @ - GF* 7:00 - 60m Omar Chill the Flow Out Yoga - GF* 8:00 - 60m Andres	Work the Room - GF* 6:00 - 30m Sierra The Ride - R* 6:30 - 45m Eyaimy Band Camp - GF* 6:30 - 30m Sierra ZUMBA @ - GF* 7:30 - 60m Jose		



CLASS DESCRIPTIONS

HOMESTEAD

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

3314 NE 7th Street | 305.230.7092

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.}

Band Camp: Get ready for Band Camp! Boost your workout and your backside with this dedicated lower body class that utilizes bands and bodyweight. Chisel your lower body and sculpt your core with unique movements that challenge your muscular endurance, core strength and stability. Band Camp delivers big results!}

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!}

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.}

Cardio Tai Box Loaded: Get ready to sweat in this remixed version of Cardio Tai Box. Hit, kick and punch your way through dedicated cardio rounds mixed with high rep low weight work designed to give your workout the maximum punch. Rounds of super high intensity cardio mixed with targeted upper body sculpting makes Cardio Tai Box Loaded the winner of the bout. This workout packs a punch!}

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.}

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!}

Push the Perimeter: Push your limits in this combination class that features superset strength sequences alternated with fast and furious drills around the perimeter of the room. This class moves in lines utilizing barbells, dumbbells, slam balls, and kettlebells. Finish all four lines and then take off to work speed, agility and quickness using the perimeter of the room as four distinct lanes. Work through 5 AMRAP/perimeter sets in a thirty-minute workout that will challenge your strength and stamina.}

So You Think You Can't Dance: Bring the magic of dancing back with this cardio dance class which combines easy to follow moves with fun choreography. This non stop format, will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again!}

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.}

The Ride: Level it Up: The strongest structures start with a sturdy foundation, then build! Get ready to feel the burn as your Ride coach helps you to establish your base intensity, then torch those calories through a series of power-pushing intervals. Prepare to rack up some of your best-ever distances, calorie burns and power output!}

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.}