



GROUP FITNESS

JOHNS CREEK

Week of 04/28/25

*HS / Hot Format Studio R / Ride GF / Group Fitness

MORNING



MID-DAY



EVENING



	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
	Fierce - HS* 6:30 - 60m Rene Belly, Butt, & Thighs Bootcamp - GF* 8:30 - 30m Karen Top it Off - GF* 9:00 - 30m Karen Cardio Tai Box - GF* 9:30 - 30m Buffy Cardio Sculpt - GF* 10:00 - 30m Buffy P3 Pilates - GF* 10:30 - 45m Buffy	The Ride - R* 7:30 - 45m Liz Chisel - GF* 8:30 - 30m Joanna Absolution - GF* 9:00 - 30m Joanna Hot Pilates Mat - HS* 9:00 - 45m Buffy Hatha Flow - GF* 10:00 - 60m Shannon Foundation - HS* 11:00 - 60m Amy	Hot Athlete - HS* 6:30 - 45m Rene Cardio Tai Box - GF* 8:30 - 30m Buffy Cardio Sculpt - GF* 9:00 - 30m Buffy P3 Pilates - GF* 9:30 - 45m Buffy Fierce - HS* 10:00 - 60m Rene	The Ride - R* 7:30 - 45m Liz Chisel - GF* 8:30 - 30m Joanna BodyWeb w/ TRX® Circuit - GF* 9:00 - 30m Joanna So You Think You Can't Dance - GF* 9:30 - 60m Elisa Flow - HS* 11:00 - 60m Kathy	Hot Pilates Mat - HS* 7:30 - 45m Nicole Y Cardio Tai Box - GF* 8:30 - 30m Buffy Cardio Sculpt - GF* 9:00 - 30m Buffy Hot Pilates Mat - HS* 9:45 - 45m Buffy Legendary Strength - GF* 10:00 - 45m Terri Foundation - HS* 11:00 - 60m Amy	The Ride: Level it Up - R* 9:00 - 45m Cynthia C P3 Pilates - GF* 9:00 - 45m Aditi P Fierce - HS* 10:00 - 60m Bianca P Yoga Body Sculpt - GF* 11:00 - 60m Bianca P	Hatha Flow - GF* 10:00 - 60m Amy So You Think You Can't Dance - GF* 11:15 - 60m Cynthia C
	ZUMBA ® - GF* 12:00 - 60m Lauren		ZUMBA ® - GF* 12:00 - 60m Karen		ZUMBA ® - GF* 12:00 - 60m Lauren		
	Hot Pilates Mat - HS* 5:00 - 45m Bianca P Ultimate R&R - HS* 6:00 - 60m Bianca P The Ride: Level it Up - R* 6:00 - 45m Phoebe ZUMBA ® - GF* 7:00 - 60m Juan C	The Ride - R* 6:00 - 45m Phoebe ZUMBA ® - GF* 6:00 - 60m Elisa Flow - HS* 7:00 - 60m Amy	The Ride: Let the Beat Drop - R* 6:00 - 45m Nina Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Rachel Top it Off - GF* 6:30 - 30m Rachel ZUMBA ® - GF* 7:00 - 60m Juan C	Hot Pilates Mat - HS* 5:00 - 45m Paola S ZUMBA ® - GF* 6:00 - 60m Elisa The Ride - R* 6:00 - 45m Nina Hatha Flow - GF* 7:00 - 60m Amy			



CLASS DESCRIPTIONS

JOHNS CREEK

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

6000 Medlock Bridge Pkwy | 770.623.0304

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.}

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.}

BodyWeb w/ TRX® Circuit: This circuit training class uses the TRX® and dedicated CARDIO STATIONS to combine strength, balance, and cardio for one kick-butt workout. Partner up and cycle through stations, all done to timed intervals to keep you on your toes!}

Cardio Sculpt: Non-stop body sculpting accompanied by heart pumping cardio.}

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.}

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

Fierce: Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

Flow: This Vinyasa flow class will take your yoga to the next level all while practicing in a heated studio. This unique class blends beautiful movements along with music that enhance the experience and will leave your mind in flight as your body flows through this one of a kind yoga sequence.

Bring your own mat, mat towel, and water bottle}

Foundation: Build your practice - build the foundation. Foundation focuses on a sequence of basic yoga poses taught in a heated studio. Level options are offered in this unique class that is great for new yoga fans and also experienced yoga fanatics.

Bring your own mat, mat towel, and water bottle}

Hatha Flow: Yoga that integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. A delicious, mindful and moving class. All levels welcome.}

Hot Athlete: Pour the heat on in this workout designed for the whole athlete. This wicked workout incorporating mobility, strength, amped up cardio, flexibility and core, in conjunction with the therapeutic effects of 100-degrees of infrared heat, creates a total body reset that will make you feel strong, loose, and long.

Bring your own mat, mat towel, and water bottle}

Hot Pilates Mat: Ignite your core in this full-body Hot Pilates mat workout. Infuse functional fitness with Pilates principles in the infrared heat and fire up your flexibility and mobility while challenging strength and stability. 100-based challenges (reps, breaths, or seconds) in the 100-degree studio bring the heat!

Bring your own mat, mat towel, and water bottle}

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.}

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.}

Ultimate R&R: We all need more self-care, more recovery, more rest to continue to be our best. Ultimate R&R provides the break your mind and body need. Take the foot off the accelerator and pump the brakes, focusing on a slower, gentler yoga flow followed by longer-held restorative poses supported by blocks, for the ultimate in rest and recovery.}

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.}