



GROUP FITNESS

WINTER PARK

Week of 07/14/25
*GF / Group Fitness PL / Pool

MORNING
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MID-DAY
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EVENING
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| | MONDAY, 07/14/25 | TUESDAY, 07/15/25 | WEDNESDAY, 07/16/25 | THURSDAY, 07/17/25 | FRIDAY, 07/18/25 | SATURDAY, 07/19/25 | SUNDAY, 07/20/25 |
|--|---|--|--|--|--|--------------------|------------------|
| | EVOLVE: Active - GF* 9:30 - 30m Peter L EVOLVE: Ability - GF* 10:00 - 30m Peter L | Aqua Attack - PL* 9:30 - 60m Breanna M | EVOLVE: Active - GF* 9:30 - 30m Angelica F EVOLVE: Ability - GF* 10:00 - 30m Angelica F | Absolution - GF* 9:30 - 30m Erika C ZUMBA ® - GF* 10:00 - 60m Erika C | EVOLVE: Active - GF* 9:30 - 30m Peter L EVOLVE: Ability - GF* 10:00 - 30m Peter L | | |
| | | | | Yoga Body Sculpt - GF* 12:00 - 60m Alice G | | | |
| | Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Elizabeth D Top it Off - GF* 6:00 - 30m Elizabeth D ZUMBA ® - GF* 6:30 - 60m Liuboslava V | Yoga Body Sculpt - GF* 6:30 - 60m Lisa R | Work the Room - GF* 5:30 - 30m Oscar C Absolution - GF* 6:00 - 30m Oscar C ZUMBA ® - GF* 6:30 - 60m Liuboslava V | Yoga Body Sculpt - GF* 6:30 - 60m Lisa R | ZUMBA ® - GF* 6:30 - 60m Liuboslava V | | |



CLASS DESCRIPTIONS

WINTER PARK

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

4270 Aloma Ave | 407.618.0129

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.}

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.}

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.}

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!}

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.}