






GROUP FITNESS

KIRKMAN

Week of 06/02/25

*R / Ride GF / Group Fitness

	MONDAY, 06/02/25	TUESDAY, 06/03/25	WEDNESDAY, 06/04/25	THURSDAY, 06/05/25	FRIDAY, 06/06/25	SATURDAY, 06/07/25	SUNDAY, 06/08/25
MORNING 	Work the Room - GF* 9:00 - 30m C-Flash Absolution - GF* 9:30 - 30m C-Flash ZUMBA ® - GF* 10:00 - 60m Albert V	Barbell 45 - GF* 9:00 - 45m C-Flash	Work the Room - GF* 9:00 - 30m C-Flash Absolution - GF* 9:30 - 30m C-Flash	No Judgments, No Limits: The Ultimate Ride - R* 9:00 - 60m C-Flash	P3 Pilates - GF* 9:00 - 30m Carissa F Yoga Body Sculpt - GF* 9:30 - 60m Carissa F	No Judgments, No Limits: The Ultimate Ride - R* 10:00 - 60m C-Flash	The Ride - R* 9:00 - 45m Abner M
MID-DAY 							
EVENING 	So You Think You Can't Dance - GF* 5:30 - 60m C-Flash No Judgments, No Limits: The Ultimate Ride - R* 6:30 - 60m C-Flash Yoga Body Sculpt - GF* 7:30 - 60m Ashley O	Barbell 30 - GF* 6:00 - 30m Natalie C Belly, Butt, & Thighs Bootcamp - GF* 6:30 - 30m Natalie C	Work the Room - GF* 5:30 - 30m C-Flash Absolution - GF* 6:00 - 30m C-Flash So You Think You Can't Dance - GF* 6:30 - 60m C-Flash Yoga Body Sculpt - GF* 7:30 - 60m Tristan B	Barbell 45 - GF* 5:30 - 45m Natalie C The Ride: Let the Beat Drop - R* 6:30 - 45m Natalie C			



CLASS DESCRIPTIONS

KIRKMAN

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

1101 Resource Ave | 321.445.0296

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.}

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.}

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.}

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.}