



GROUP FITNESS

APOPKA

Week of 07/14/25

*GF / Group Fitness R / Ride PL / Pool

MORNING



MID-DAY



EVENING



	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
	No Judgments, No Limits: The Ultimate Ride - R* 8:30 - 60m Lauryn P Aqua Marine - GF* 9:00 - 60m Linda M Aqua Marine - GF* 10:30 - 60m Linda M	Work the Room - GF* 6:00 - 30m Stacey K Absolution - GF* 6:30 - 30m Stacey K Cardio Tai Box - GF* 8:30 - 30m Setu S Top it Off - GF* 9:00 - 30m Setu S P3 Pilates - GF* 9:30 - 45m Setu S	No Judgments, No Limits: The Ultimate Ride - R* 8:30 - 60m Filomena C Barbell 45 - GF* 9:30 - 45m Filomena C EVOLVE: Active - GF* 10:45 - 30m Astrid C EVOLVE: Ability - GF* 11:15 - 30m Astrid C	The Ride - R* 5:15 - 45m Rachel R Yoga Body Sculpt - GF* 6:00 - 60m Lindsay S HIIT The Deck - GF* 9:00 - 30m Stacey K Aqua Marine - GF* 9:30 - 60m Linda M Top it Off - GF* 9:30 - 30m Stacey K	No Judgments, No Limits: The Ultimate Ride - R* 8:30 - 60m Filomena C Yoga Body Sculpt - GF* 9:00 - 60m Angelina G EVOLVE: Active - GF* 10:00 - 30m Angelina G EVOLVE: Ability - GF* 10:30 - 30m Angelina G	HIIT The Deck - GF* 8:30 - 30m Stacey K The Ride - R* 8:45 - 45m Jill S Absolution - GF* 9:00 - 30m Stacey K Aqua Marine - PL* 9:15 - 60m Linda M Barbell 45 - GF* 9:45 - 45m Jill S Yoga Body Sculpt - GF* 10:45 - 60m Rainbow Z	Yoga Body Sculpt - GF* 8:30 - 60m Lindsay S
	EVOLVE: Active - GF* 12:15 - 30m Astrid C EVOLVE: Ability - GF* 12:45 - 30m Astrid C						
	Absolution - GF* 5:30 - 30m Cece ZUMBA ® - GF* 6:00 - 60m Cece	Barbell 45 - GF* 5:30 - 45m Marie D ZUMBA ® - GF* 6:30 - 60m Tai T The Ride - R* 6:30 - 45m Tiffany	Absolution - GF* 5:00 - 30m Cece ZUMBA ® - GF* 5:30 - 60m Cece Yoga Body Sculpt - GF* 6:30 - 60m Rainbow Z	Barbell 45 - GF* 5:30 - 45m Jessica W ZUMBA ® - GF* 6:30 - 60m Tai T The Ride - R* 6:30 - 45m Lauryn P	Hatha Flow - GF* 6:15 - 60m Rainbow Z		



CLASS DESCRIPTIONS

APOPKA

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

2360 E. Semoran Blvd | 407.358.7233

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 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 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.}

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!}

HIIT The Deck: HIIT the deck for a one of a kind workout that will transform your body. Jump, run, step, hop, and power your way through this high intensity class designed to torch calories while challenging your agility, strength and stamina.}

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.}

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.}