



GROUP FITNESS

CLIFTON

Week of 07/07/25
*R / Ride GF / Group Fitness

MORNING

MID-DAY



EVENING



	MONDAY, 07/07/25	TUESDAY, 07/08/25	WEDNESDAY, 07/09/25	THURSDAY, 07/10/25	FRIDAY, 07/11/25	SATURDAY, 07/12/25	SUNDAY, 07/13/25
MORNING	The Ride: Heavy Mileage - R* 5:30 - 45m Yvonne Ripped Pilates - GF* 8:30 - 45m Mary ZUMBA @ - GF* 9:30 - 60m David Legendary Strength - GF* 10:30 - 45m Aaron	Legendary Strength - GF* 5:30 - 30m Charlene Ripped Pilates - GF* 6:00 - 30m Charlene EVOLVE: Ability - GF* 8:30 - 30m Mary EVOLVE: Active - GF* 9:00 - 30m Mary ZUMBA @ - GF* 9:30 - 60m Dave	HIIT The Deck - GF* 5:30 - 30m Erwin N Cardio Tai Box Loaded - GF* 6:00 - 30m Erwin N ZUMBA @ - GF* 9:00 - 60m Dave Barbell 45 - GF* 10:15 - 45m Aaron	Tough Tread - GF* 5:30 - 45m Charlene ZUMBA @ - GF* 9:30 - 60m David	Barbell 45 - GF* 5:30 - 45m Julius ZUMBA @ - GF* 9:00 - 60m Elizabeth M Demolished - GF* 10:00 - 45m Gibbs F	No Judgments, No Limits: The Ultimate Ride - R* 8:30 - 60m Marti Beach Workout - Legs, Core & More - GF* 9:15 - 30m Elizabeth M Beach Workout - Arms & Abs - GF* 9:45 - 30m Elizabeth M ZUMBA @ - GF* 10:15 - 60m Erwin N Yoga Body Sculpt - GF* 11:15 - 60m Nic	No Judgments, No Limits: The Ultimate Ride - GF* 8:30 - 60m Marti Barbell 45 - GF* 9:00 - 45m Elizabeth M ZUMBA @ - GF* 9:45 - 60m Eliana Ripped Pilates - GF* 10:45 - 45m Jasmine
MID-DAY							
EVENING	Beach Workout - Legs, Core & More - GF* 5:30 - 30m Sara The Ride: Let the Beat Drop - R* 5:45 - 45m Gibbs F Beach Workout - Arms & Abs - GF* 6:00 - 30m Sara ZUMBA @ - GF* 6:30 - 60m Dave Unbreakable - GF* 7:30 - 60m Jasmine	Demolished - GF* 5:45 - 45m Gibbs F The Ride - GF* 5:45 - 45m Yvonne HIIT The Deck - GF* 6:30 - 30m Betsy Cardio Tai Box Loaded - GF* 7:00 - 30m Betsy ZUMBA @ - GF* 7:30 - 60m Erwin N	ZUMBA @ - GF* 5:00 - 60m Travis The Ride: Level it Up - R* 5:45 - 45m Marti Legendary Strength - GF* 6:15 - 45m TBD T Slow Burn - GF* 7:15 - 30m Jasmine Fat Burning Pilates - GF* 7:45 - 30m Jasmine	Barbell 45 - GF* 5:45 - 45m Betsy The Ride: HIIT the Road - R* 5:45 - 45m Yvonne ZUMBA @ - GF* 6:30 - 60m Janice Hatha Flow - GF* 7:30 - 60m Jasmine	Barbell 45 - GF* 5:45 - 45m Betsy		



CLASS DESCRIPTIONS

CLIFTON

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

895 Paulson Avenue | 973.553.9470

Mon - Fri: 5:00am - 12:00am Sat - Sun: 7:00am - 7:00pm

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!}

Beach Workout - Arms & Abs: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt your upper body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with weighted core blasts to shred your torso and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

Beach Workout - Legs, Core & More: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt not only your assets, but ALL of the muscles in your lower body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with fat-torching cardio blasts and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

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!}

Demolished: Get ready to shake things up in this high energy, strength and endurance workout as you shift in a circle from station to station using advanced strength equipment including Tomahawks, Sandbags and Barbells. Recover in the Epicenter with body weight exercises designed to cause tremors throughout your body. Come prepared to be moved.}

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!}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

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.}

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!}

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.}

Ripped Pilates: Get ripped with this bad\$\$\$ take on mat Pilates. Not your mama's practice, this format activates the core, builds strength and muscular endurance, and powers through a sweat-inducing energizing flow. You will come away unstoppable.}

Slow Burn: Slow down and feel the burn in this class designed to set your glutes on fire. Ignite your workout by using wide bands to tone, shape and sculpt your lower body and core. This workout delivers a one-two punch by using tempo variations and band variations to intensify each work effort.}

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: HIIT the Road: High intensity interval training (HIIT) meets the HITS! Using interval training techniques, this ride blows by as you groove and move to the HITS of each decade. Ride through a musical journey as you burn calories and build up a sweat performing intense interval work efforts.}

The Ride: Heavy Mileage: Put the pedals to the metal in this interval based workout. You will work in dedicated rounds of cardio and endurance on the bike and then you will dismount and kick it up a notch by adding weights into the mix. Weighted rounds are performed off the bike for maximum performance. Get ready to take on this challenge. Are you ready for heavy mileage?}

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!}

Tough Tread: Take the dread out of treadmill training in this challenging format where YOU define toughness! Pyramid work segments on the treadmill alternate with segments of heavy upper body dumbbell work off the treadmill to maximize your fitness. Whether you're a walking warrior or an avid runner, time flies by in this fiercely fun cardio and strength blast that reveals your drive and determination!}

Unbreakable: Become unbreakable by utilizing the power of yoga, deep stretching techniques and myofascial release. Breathe, flow and find your way to an "unbreakable body" in this class that focuses on the power of restoration. This 60 minute class will start with traditional Vinyasa flow followed by specific releases using straps, lacrosse balls and blocks. Designed to get relieve your body, calm your mind and light your soul this class is the perfect addition to preserve and protect your most valuable asset.}

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.}