



# GROUP FITNESS

# CLIFTON

Week of 05/12/25  
\*GF / Group Fitness R / Ride

MORNING

MID-DAY

EVENING

	MONDAY, 05/12/25	TUESDAY, 05/13/25	WEDNESDAY, 05/14/25	THURSDAY, 05/15/25	FRIDAY, 05/16/25	SATURDAY, 05/17/25	SUNDAY, 05/18/25
MORNING	<p><b>The Ride: Heavy Mileage</b> - R* 5:30 - 45m Lia T.</p> <p><b>HIIT The Deck</b> - GF* 9:00 - 30m Angie D.</p> <p><b>ZUMBA @</b> - GF* 9:30 - 60m Eve</p> <p><b>Legendary Strength</b> - GF* 10:30 - 45m Aaron</p>	<p><b>Ripped Pilates</b> - GF* 5:30 - 45m Charlene</p> <p><b>EVOLVE: Active</b> - GF* 8:30 - 30m Angie D.</p> <p><b>EVOLVE: Ability</b> - GF* 9:00 - 30m Angie D.</p> <p><b>ZUMBA @</b> - GF* 9:30 - 60m Dave</p>	<p><b>Cardio Tai Box Loaded</b> - GF* 5:30 - 30m Erwin N</p> <p><b>Transform it: Strong</b> - GF* 6:00 - 30m Erwin N</p> <p><b>ZUMBA @</b> - GF* 9:00 - 60m Dave</p> <p><b>Barbell 45</b> - GF* 10:00 - 45m Aaron</p> <p><b>ReFORM Pilates</b> - GF* 10:45 - 30m Angie D.</p>	<p><b>The Ride: Heavy Mileage</b> - GF* 5:30 - 45m Lia T.</p> <p><b>ZUMBA @</b> - GF* 9:30 - 60m Eve</p> <p><b>Cardio Tai Box Loaded</b> - GF* 10:30 - 30m Angie D.</p>	<p><b>Demolished</b> - R* 5:30 - 45m Charlene</p> <p><b>ZUMBA @</b> - GF* 9:00 - 60m Dave</p> <p><b>Demolished</b> - GF* 10:00 - 45m Gibbs F</p>	<p><b>ReFORM Pilates</b> - GF* 8:00 - 30m Elizabeth M</p> <p><b>No Judgments, No Limits: The Ultimate Ride</b> - R* 8:30 - 60m Damarys</p> <p><b>Fource Field</b> - GF* 8:45 - 30m Elizabeth M</p> <p><b>Legendary Strength</b> - GF* 9:15 - 45m Elizabeth M</p> <p><b>ZUMBA @</b> - GF* 10:15 - 60m Erwin N</p> <p><b>Yoga Body Sculpt</b> - GF* 11:15 - 60m Nic</p>	<p><b>No Judgments, No Limits: The Ultimate Ride</b> - GF* 8:30 - 60m Marti</p> <p><b>Barbell 45</b> - GF* 9:00 - 45m Elizabeth M</p> <p><b>ZUMBA @</b> - GF* 9:45 - 60m Eliana</p> <p><b>Yoga Body Sculpt</b> - GF* 10:45 - 60m Dawn</p>
MID-DAY							
EVENING	<p><b>Loaded Ladder</b> - GF* 5:30 - 30m Sara</p> <p><b>The Ride: Level it Up</b> - R* 5:45 - 45m Gibbs F</p> <p><b>Top to Bottom Burnout</b> - GF* 6:00 - 30m Sara</p> <p><b>ZUMBA @</b> - GF* 6:30 - 60m Dave</p> <p><b>Chill the Flow Out Yoga</b> - GF* 7:30 - 60m Keara</p>	<p><b>ZUMBA @</b> - GF* 5:00 - 60m Nelson</p> <p><b>The Ride</b> - GF* 5:45 - 45m Damarys</p> <p><b>Legendary Strength</b> - GF* 6:00 - 30m Gibbs F</p> <p><b>Slow Burn</b> - GF* 6:30 - 30m Angie D.</p> <p><b>ZUMBA @</b> - GF* 7:00 - 60m Erwin N</p>	<p><b>The Ride: Let the Beat Drop</b> - R* 5:45 - 45m Marti</p> <p><b>Demolished</b> - GF* 5:45 - 45m Gibbs F</p> <p><b>Cardio Tai Box Loaded</b> - GF* 6:30 - 30m Angie D.</p> <p><b>HIIT The Deck</b> - GF* 7:00 - 30m Angie D.</p> <p><b>Ripped Pilates</b> - GF* 7:30 - 45m Jasmine</p>	<p><b>Barbell 45</b> - GF* 5:45 - 45m Gibbs F</p> <p><b>The Ride: Higher Ground</b> - R* 5:45 - 45m Lisa</p> <p><b>ZUMBA @</b> - GF* 6:30 - 60m Erwin N</p> <p><b>Yoga Body Sculpt</b> - GF* 7:30 - 60m Nic</p>			



# CLASS DESCRIPTIONS

# CLIFTON

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

895 Paulison 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!}

**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!}

**Chill the Flow Out Yoga:** Tune out society's noise and tap into the steadiness and ease of your body's natural rhythms in this slow, powerful yoga flow. Build strength and resilience by creating space in every movement with mindful connection between body and breath. You'll discover ease in your body and stillness in your mind.}

**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!}

**Force Field:** In this workout we will battle on all sides, utilizing several different martial arts forms, to prepare for any battle that comes our way! Armed with KNUXS to add that extra push, we will define our delts, carve our core, and leave our sweat- and our imaginary opponents- on the floor. In only 5 rounds, you will learn to never underestimate the FOUR-CE!}

**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.}

**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!}

**Loaded Ladder:** Share the load in this class featuring heart-pumping ladder work followed by hardcore strength work. Load and unload the work as you alternate through powerful passes on the ladder and loaded strength sets.}

**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.}

**ReFORM Pilates:** Get strong from the inside out with this mind body based class that utilizes the Slaxix by Stroops to maximize your workout potential. This fusion class has elements of Pilates Reformer, Pilates Mat and Fitness with a fun beat that will get you sweaty and always returning for more.}

**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: 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: Higher Ground:** Take it to HIGHER GROUND as a true cyclist in this POWER-ful Ride experience. Focus on a series of steep hill intervals and grueling climbs while meeting or beating your personal best efforts in this demanding Ride. You'll create strong, lean, powerful muscles while mastering your mindset in this rewarding workout. Celebrate becoming Monarch of the Mountain!}

**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 to Bottom Burnout:** Break out the booty bands and dumbbells for a hard-hitting infusion of strength to build your bone density and rock-solid confidence! Band together the bottom half, take it to the top with dumbbells, then burn out the combination for an experience your body will remember for days. Bottoms up!}

**Transform it: Strong:** Transform your fitness with the power of adjustable decks and dumbbells! Elevate your upper half and level up your lower body with dedicated rounds of work to leave you sculpted and lean. Explore the intensity of the incline and dig into the decline as you morph your way to your most powerful body!}

**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.}