



GROUP FITNESS PARAMUS

Week of 09/16/24
*GF / Group Fitness R / Ride

	MONDAY, 09/16/24	TUESDAY, 09/17/24	WEDNESDAY, 09/18/24	THURSDAY, 09/19/24	FRIDAY, 09/20/24	SATURDAY, 09/21/24	SUNDAY, 09/22/24
MORNING 	<p>Demolished - GF* 8:45 - 45m Allison K</p> <p>The Ride - R* 9:15 - 45m Julie G</p> <p>Yoga Body Sculpt - GF* 9:30 - 60m Nicole S</p> <p>ZUMBA @ - GF* 10:30 - 60m Nelson M</p>	<p>The Ride - GF* 5:45 - 45m Karen M</p> <p>The Ride - R* 8:45 - 45m Stacey O</p> <p>ZUMBA @ - GF* 9:15 - 60m Janet S</p> <p>Strong Nation@ - GF* 10:15 - 30m Antonella M</p> <p>30 Second Solution - GF* 10:45 - 45m Antonella M</p>	<p>Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Leshاون D</p> <p>BOSU@ Bootcamp - GF* 9:30 - 30m Leshاون D</p> <p>ZUMBA @ - GF* 10:00 - 60m Janet S</p>	<p>The Ride - R* 5:45 - 45m Karen M</p> <p>Top it Off - GF* 9:00 - 30m Allison K</p> <p>The Ride - R* 9:15 - 45m Julie G</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Allison K</p> <p>ZUMBA @ - GF* 10:00 - 60m Laura V</p>	<p>Chisel - GF* 9:00 - 30m Leshاون D</p> <p>The Ride - R* 9:15 - 45m Victor D</p> <p>Work the Room - GF* 9:30 - 30m Leshاون D</p> <p>ZUMBA @ - GF* 10:15 - 60m Julia C</p>	<p>The Ride - R* 9:00 - 45m Paola N</p> <p>Loaded Ladder - GF* 9:00 - 30m Antonella M</p> <p>Top it Off - GF* 9:30 - 30m Antonella M</p> <p>*Special Event* Crunch & Zumba 35th Anniversary Celebration - GF* 10:15 - 60m Annie T</p> <p>The Ride - R* 10:15 - 45m Antonella M</p>	<p>Hatha Flow - GF* 8:00 - 60m Nicole S</p> <p>The Ride - R* 8:30 - 45m Paola N</p> <p>ZUMBA @ - GF* 9:15 - 60m Julia C</p> <p>Cardio Tai Box - GF* 10:30 - 30m Antonella M</p> <p>Chisel - GF* 11:00 - 30m Antonella M</p>
MID-DAY 							
EVENING 	<p>Yoga Body Sculpt - GF* 5:30 - 60m Nicole S</p> <p>The Ride - R* 6:30 - 45m Antonella M</p> <p>ZUMBA @ - GF* 6:30 - 60m Reed D</p>	<p>The Ride - R* 5:30 - 45m Antonella M</p> <p>Hatha Flow - GF* 6:30 - 60m Bridgette R</p> <p>ZUMBA @ - GF* 7:30 - 60m Travis J</p>	<p>Top it Off - GF* 5:30 - 30m Antonella M</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Antonella M</p> <p>Fat Burning Pilates - GF* 6:30 - 30m Antonella M</p> <p>The Ride - R* 6:30 - 45m Mike O</p> <p>ZUMBA @ - GF* 7:15 - 60m Nick M</p>	<p>The Ride - R* 5:45 - 45m Damarys S</p> <p>Barre Bootcamp - GF* 6:15 - 30m Antonella M</p> <p>ZUMBA @ - GF* 6:45 - 60m Mary C</p>	<p>The Ride - R* 5:30 - 45m Antonella M</p> <p>ZUMBA @ - GF* 6:30 - 60m Janet S</p>		



CLASS DESCRIPTIONS

PARAMUS

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

600 Winters Ave | 201.634.0400

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 9:00pm Sat - Sun: 7:00am - 5:00pm

***Special Event* Crunch & Zumba 35th**

Anniversary Celebration: Join us for this special anniversary spotlight class celebrating 35 years of Crunch! Crunch and Zumba are coming together on Crunch's Global Dance Day for this birthday party mash-up! Move and shake your way to fierce, fun fitness in this calorie-blasting class experience!}

30 Second Solution: Find your 30-Second Solution to success! Work through single, double and triple stacks with a partner in this singular fitness solution that challenges your body in a flurry of 30-second work segments. Designed as a total body workout encompassing cardio, core, strength and mobility, this 45-minute class packs a punch. Blaze through four blocks of SUPER STACKS and finish feeling invincible with your new favorite workout solution!}

BOSU@ Bootcamp: Integrated Balance Training on an apparatus that is a cross between a core board and a stability ball. It's fun, it's challenging and it's a total body workout for any fitness level!}

Barre Bootcamp: Become a lean, mean ballet dancer in this fusion class. Inspired by ballet and strength training, this high intensity barre class targets your arms, core, thighs, and booty to help you create a long, lean dancer's body. Get ready to feel the barre burn.}

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.}

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.}

Chisel: Use weights and calisthenics to sculpt and shape muscles.}

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.}

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

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.}

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.}

Strong Nation@: STRONG NATION@ combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that will push you past your perceived limits, to reach your most ambitious fitness goals faster. The music in STRONG NATION@ was crafted to drive the intensity of the class in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. Get fitter. Get faster. Get stronger.}

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.}