



# GROUP FITNESS

# BELLMORE

Week of 10/21/24  
\*GF / Group Fitness R / Ride

MORNING

MID-DAY

EVENING

	MONDAY, 10/21/24	TUESDAY, 10/22/24	WEDNESDAY, 10/23/24	THURSDAY, 10/24/24	FRIDAY, 10/25/24	SATURDAY, 10/26/24	SUNDAY, 10/27/24
MORNING	<p><b>The Ride</b> - GF* 7:15 - 45m Ellen B</p> <p><b>Top it Off</b> - GF* 8:00 - 30m Whitney H</p> <p><b>Absolution</b> - GF* 8:30 - 30m Whitney H</p> <p><b>POUND@</b> - GF* 9:00 - 30m Heather C</p> <p><b>Fat Burning Pilates</b> - GF* 9:30 - 30m Heather C</p> <p><b>The Ride</b> - R* 9:45 - 45m Celia</p> <p><b>35 in 30</b> - GF* 10:00 - 30m Heather C</p> <p><b>EVOLVE: Attitude</b> - GF* 10:30 - 30m Teri K</p> <p><b>EVOLVE: Active</b> - GF* 11:00 - 30m Teri K</p>	<p><b>The Ride</b> - R* 7:15 - 45m Celia</p> <p><b>Cardio Tai Box</b> - GF* 8:00 - 30m Joyce M</p> <p><b>Top it Off</b> - GF* 8:30 - 30m Joyce M</p> <p><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:00 - 30m Joyce M</p> <p><b>ZUMBA @</b> - GF* 9:30 - 60m Tyler H</p> <p><b>The Ride</b> - R* 9:30 - 45m Heather C</p>	<p><b>The Ride</b> - R* 5:00 - 45m Marisa D</p> <p><b>Cardio Tai Box Loaded</b> - GF* 8:00 - 30m Whitney H</p> <p><b>Stacked</b> - GF* 8:30 - 30m Whitney H</p> <p><b>Chisel</b> - GF* 9:00 - 30m Heather C</p> <p><b>ZUMBA @</b> - GF* 9:30 - 60m Heather C</p> <p><b>The Ride</b> - R* 9:45 - 45m Celia</p>	<p><b>Top it Off</b> - GF* 5:00 - 30m Marisa D</p> <p><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 5:30 - 30m Marisa D</p> <p><b>The Ride</b> - R* 7:30 - 45m Ellen B</p> <p><b>Cardio Tai Box Loaded</b> - GF* 8:30 - 30m Whitney H</p> <p><b>HIIT The Deck</b> - GF* 9:00 - 30m Whitney H</p> <p><b>The Ride</b> - R* 9:00 - 45m Ellen B</p> <p><b>ZUMBA @</b> - GF* 9:30 - 60m Delia</p> <p><b>Absolution</b> - GF* 10:30 - 30m Bobbie</p> <p><b>BodyWeb w/ TRX@ Circuit</b> - GF* 11:00 - 30m Bobbie</p>	<p><b>Tread Bootcamp</b> - GF* 5:00 - 30m Marisa D</p> <p><b>Chisel</b> - GF* 5:30 - 30m Marisa D</p> <p><b>The Ride: Let the Beat Drop</b> - R* 7:30 - 45m Ellen B</p> <p><b>Badass Ballerina</b> - GF* 8:30 - 30m Josine D</p> <p><b>Top it Off</b> - GF* 9:00 - 30m Josine D</p> <p><b>The Ride</b> - R* 9:15 - 45m Ellen B</p> <p><b>ZUMBA @</b> - GF* 9:30 - 60m Josine D</p>	<p><b>The Ride</b> - R* 8:00 - 45m Natalie S</p> <p><b>Chisel</b> - GF* 9:00 - 30m Heather C</p> <p><b>The Ride</b> - R* 9:30 - 45m Natalie S</p> <p><b>Fat Burning Pilates</b> - GF* 9:30 - 30m Heather C</p> <p><b>ZUMBA @</b> - GF* 10:00 - 60m Melanie G</p> <p><b>Yoga Body Sculpt</b> - GF* 11:00 - 60m Lynn</p>	<p><b>Top it Off</b> - GF* 9:00 - 30m Ashley C</p> <p><b>The Ride</b> - R* 9:00 - 45m Yvette C</p> <p><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:30 - 30m Ashley C</p> <p><b>ZUMBA @</b> - GF* 10:00 - 60m Ashley C</p>
MID-DAY							
EVENING	<p><b>Cardio Tai Box Loaded</b> - GF* 4:30 - 30m Heather C</p> <p><b>Stacked</b> - GF* 5:00 - 30m Heather C</p> <p><b>Top it Off</b> - GF* 5:30 - 30m Yvette C</p> <p><b>Overdrive</b> - GF* 6:00 - 30m Yvette C</p> <p><b>ZUMBA @</b> - GF* 6:30 - 60m Michelle C</p> <p><b>The Ride</b> - R* 6:30 - 45m Yvette C</p>	<p><b>Badass Ballerina</b> - GF* 5:30 - 30m Josine D</p> <p><b>Chisel</b> - GF* 6:00 - 30m Josine D</p> <p><b>ZUMBA @</b> - GF* 6:30 - 60m Kristina C</p> <p><b>The Ride</b> - R* 6:45 - 45m Jaye D</p>	<p><b>Work the Room</b> - GF* 4:30 - 30m Heather C</p> <p><b>HIIT The Deck</b> - GF* 5:00 - 30m Heather C</p> <p><b>POUND@</b> - GF* 5:30 - 30m Nicole</p> <p><b>ZUMBA @</b> - GF* 6:30 - 60m Gabrielle R</p>	<p><b>The Ride</b> - R* 6:00 - 45m Celia</p> <p><b>POUND@</b> - GF* 6:00 - 30m Nicole</p> <p><b>ZUMBA @</b> - GF* 6:30 - 60m Christine L</p>	<p><b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 5:30 - 30m DJ r</p> <p><b>Top it Off</b> - GF* 6:00 - 30m DJ r</p> <p><b>ZUMBA @</b> - GF* 6:30 - 60m DJ r</p>		



# CLASS DESCRIPTIONS

# BELLMORE

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

2212 Centre Ave | 516.221.4000  
Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Saturday: 6:00am - 8:00pm Sunday: 7:00am - 6:00pm

**35 in 30:** After 35 years, Crunch is stronger than ever! Push your own goals with our nonstop total body strength workout, with 35 moves in 30 minutes. Learn your strength set using moderate weights, then repeat that set with heavier dumbbells to grow stronger with every rep! You'll feel empowered and a little breathless, so get ready to grow stronger with us!}

**Absolution:** The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

**Badass Ballerina:** Grace, grit, determination and dedication - become the feature ballerina in the performance of life! Join the troupe and work through flowing dance sequences and extreme core work utilizing a specially designed ball. Traditional ballet conditioning moves are fused with dance sequences designed to develop a true badass ballerina. Steal the lead in the show as you work through hardcore segments designed to bring out the inner dancer in us all.}

**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.}

**BodyWeb w/ TRX® Circuit:** This circuit training class uses the TRX® and dedicated CARDIO STATIONS to combine strength, balance, and cardio for one kick-butt workout. Partner up and cycle through stations, all done to timed intervals to keep you on your toes!}

**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.}

**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!}

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

**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!}

**EVOLVE: Attitude:** Join us for this one-of-a-kind dance class for Active Older Adults. Live your life to the fullest and turn it up with a fiercely fun, personality-fueled dance party to energize your body and spirit. This active workout also features core, strength and balance work designed to leave you feeling strong and centered.}

**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.}

**Overdrive:** Shift your workout into overdrive with this high intensity interval training class that combines grueling, all-out work efforts with brief recovery periods to provide a total body workout with maximum results.}

**POUND®:** Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Riptix™ - weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.}

**Stacked:** Take your workout to new heights as you layer stack upon stack of cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise intensity along the way and prepare to dig deep to work your way back down. Let's see how you Stack up.}

**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.}

**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.}

**Tread Bootcamp:** Ten hut! This hardcore workout brings a high tech touch to traditional boot camp by combining intervals of sprints and climbs on the treadmill with strength training using dumbbells and body bars. If you're ready to soldier through this grueling class, you'll burn calories and tone your entire physique.}

**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.}