



GROUP FITNESS

SAN MATEO

Week of 04/28/25

*R / Ride GF / Group Fitness TA / Turf Area TA / Treadmill Area

MORNING



MID-DAY



EVENING



	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING	Tuff Turf Circuit - TA* 9:00 - 45m Heather B Cardio Sculpt - GF* 10:00 - 60m Heather B Abs & Stretch - GF* 11:00 - 30m Heather B	Ripped Ride - R* 7:00 - 45m Doris Z Cardio Dance Blast - GF* 10:00 - 60m Manny C. *NEW* Cardio Kickboxing - GF* 11:30 - 45m Jonathan D	Tuff Turf Circuit - TA* 9:00 - 45m Fiona B Cardio Sculpt - GF* 10:00 - 60m Helena R Abs & Stretch - GF* 11:00 - 30m Helena R	Ripped Ride - R* 7:00 - 45m Doris Z ZUMBA® - GF* 10:00 - 60m Terry F Barre with Toys - GF* 11:30 - 45m Bronweyn C	Tread Bootcamp - TA* 9:00 - 45m Noah Cardio Sculpt - GF* 10:00 - 45m Fiona B T\$A: Shots! - GF* 11:00 - 30m Debby S Ab Attack - GF* 11:30 - 30m Debby S	Diesel - GF* 8:30 - 45m Eric H ZUMBA® - GF* 9:30 - 60m Karen T Flow Yoga - GF* 10:30 - 60m Bronweyn C Extreme Ride - R* 10:30 - 60m Kevin P	Chisel - GF* 8:30 - 45m Kira S MYOBILITY® - GF* 9:15 - 45m Kira S Extreme Ride - R* 10:00 - 60m Kevin P Power Yoga - GF* 10:00 - 60m Bronweyn C ZUMBA® - GF* 11:00 - 60m Pam
MID-DAY	Chisel - GF* 12:00 - 45m Debby S Burn & Firm Pilates - GF* 12:45 - 45m Debby S	MYOBILITY® - GF* 12:15 - 30m Jonathan D	Chisel - GF* 12:00 - 45m Debby S Burn & Firm Pilates - GF* 12:45 - 45m Debby S	Flow Yoga - GF* 12:15 - 45m Bronweyn C	Tai Chi - GF* 12:00 - 30m Debby S	Tuff Turf Circuit - TA* 12:00 - 45m Noah	
EVENING	Ass & Abs - GF* 5:00 - 30m Jesse J ZUMBA® - GF* 5:30 - 60m Pam Tuff Turf Circuit - TA* 6:00 - 45m Noah Power Yoga - GF* 6:30 - 60m May L	Core Strength & Alignment - GF* 5:00 - 30m Fiona B Diesel - GF* 5:30 - 45m Fiona B Party Ride - R* 6:00 - 45m Heather B ZUMBA® - GF* 6:30 - 60m Louise G	Tighten! Ass n' Abs - GF* 5:00 - 30m May L Shredded - GF* 5:30 - 45m May L Tuff Turf Circuit - TA* 6:00 - 45m Jesse J Power Yoga - GF* 6:30 - 60m May L	Core Strength & Alignment - GF* 5:00 - 30m Fiona B Diesel - GF* 5:30 - 45m Fiona B Hard Knocks - GF* 6:30 - 60m Mimi J	Vinyasa Yoga - GF* 5:00 - 45m Rose of Sharon S The Ride - R* 6:00 - 45m Rose of Sharon S Cardio Dance Blast - GF* 6:30 - 60m Pam		



CLASS DESCRIPTIONS

SAN MATEO

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

1150 Park Place | 650.212.4653
Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Saturday: 7:00am - 9:00pm Sunday: 7:00am - 8:00pm

***NEW* Cardio Kickboxing:** *NEW* Easy to follow, drill based kickboxing exercises set to music. This class is designed to elevate your heart rate as well as challenge your muscles and mind.}

Ab Attack: Standing functional core training is combined with floor ab exercises to give you a vigorous core strengthening experience.}

Abs & Stretch: Concentrated abdominal and back work, followed by a deep stretch.}

Ass & Abs: Combining exercises to tone and shape the rear (the butt) and the front (the abs).}

Barre with Toys: Barre meets brawn in this ballet-inspired class. Use "toys" like balls, bands & weights to lengthen and strengthen the upper and lower body with a focus on core & booty! Get ready to turn into a ballet badass!}

Burn & Firm Pilates: Burn and lengthen muscles faster and more efficiently by combining fluid, large muscle, low-impact pilates-inspired standing moves with hand weights and body bars to get your best Pilates body in half the time.}

Cardio Dance Blast: A hot and sweaty dance party with the best hip-hop, reggae and popular music. This non-stop workout will melt away fat while boosting your dance skills like never before.}

Cardio Sculpt: Non-stop body sculpting accompanied by heart pumping cardio.}

Chisel: Get ready to pump some iron with this full-body workout that uses weight training techniques and exercises to sculpt & shape major muscle groups.}

Core Strength & Alignment: This intense low impact workout combines elements from disciplines including weight training, pilates, yoga and more to improve your posture and alignment, increase endurance and flexibility and create a balanced overall strength. The best of power Yoga blended with the best of power Pilates.}

Diesel: Designed for the athlete looking to take their skills to the next level, this full-body workout features strength intervals paired with cardio bursts, to rev-up your metabolism for maximum caloric burn.}

Extreme Ride: This advanced 60-minute class challenges riders' endurance and toughness. Extreme components include intervals of out-of-the-saddle riding, jumps and sprints. Beginners should speak with the instructor before class.}

Flow Yoga: A challenging body/mind adventure incorporating asanas, breathing and mindfulness for a complete yoga experience. Sculpt a leaner, stronger body while releasing stress and fatigue.}

Hard Knocks: This ultimate "in your face" cardio workout fuses the hard hitting power of boxing with the booty dropping swagger of hip hop for one knockout dance party!}

MYOBILITY®: Unlock your body's full potential in this wellness-inspired class designed to help you move and feel better by releasing stress and tension. You'll use the Myobility® tools for myofascial release and active stretches paired with core strengthening exercises and breathing techniques to decrease soreness, increase mobility, and create a more aligned and balanced body.}

Party Ride: In this nonstop indoor cycling workout, the party starts the minute you get on the bike. Each week your instructor will curate a new playlist featuring the hottest party anthems around; Ride to the beat & keep the party-vibes rollin' because every class is a celebration!}

Power Yoga: This power flow yoga class will take your mind and body to the next level. Strengthen and lengthen your muscles while burning big-time calories.}

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Ripped Ride: This class will kick your Ride workout up a notch by throwing weight workouts into the mix, maximizing your caloric burn and toning your arms, shoulders, chest and back.}

Shredded: For the performance-driven athlete who's not afraid to push past their limits. This metabolic conditioning workout is broken into a series of timed, high-intensity rounds. Each round will feature strength training exercises, cardio drills & core work designed to challenge your endurance, maximize athletic performance & transform your physique.}

T\$A: Shots! Get ready for the most electrifying booty-sculpting experience that combines high-energy dance choreography with explosive fitness SHOTS designed to transform your lower body! This isn't just a workout—it's a party where you'll dance, sweat, and sculpt your way to the perfect peach!}

Tai Chi: Get into the flow of this slow calisthenics-based class using various graceful forms derived from Chinese martial arts. Shifting and moving through the energy pathways of your body, this class will improve muscle strength and balance while also promoting stress reduction.}

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.}

Tighten! Ass n' Abs: Combining exercises to tone and shape the rear (the butt) and the front (the abs).}

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.}

Tuff Turf Circuit: Get ready to HIIT IT! Join us for a circuit-style workout held in Crunch's new functional training "turf" area, the HIITZone! Where you'll move between stations & use specialty equipment, targeting major muscle groups to increase strength & endurance.}

Vinyasa Yoga: Vinyasa means breathing systems. Vinyasa Yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome.}

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.}