



GROUP FITNESS

STATEN ISLAND

Week of 01/20/25

*GF / Group Fitness TR / The Ride UP / TA / Treadmill Area HZ / HIITZone

| | MONDAY, 01/20/25 | TUESDAY, 01/21/25 | WEDNESDAY, 01/22/25 | THURSDAY, 01/23/25 | FRIDAY, 01/24/25 | SATURDAY, 01/25/25 | SUNDAY, 01/26/25 |
|-------------|--|---|---|--|---|--|--|
| MORNING | 30 in 30 - GF* 8:15 - 30m Tracy Cardio Sculpt - GF* 8:45 - 30m Tracy | Barbell Battleground - GF* 6:30 - 45m Marta G Work the Room - GF* 9:00 - 30m Izzy Tread N Shed - TA* 9:30 - 30m Izzy | 10 in 10: Agility - GF* 8:15 - 15m Nichele Barbell 30 - GF* 8:30 - 30m Nichele Stripped-Down Strength - GF* 9:00 - 30m Nichele | The Ride - TR* 6:15 - 45m Nichele HIIT The Deck - GF* 9:00 - 30m Tracy P3 Pilates - GF* 9:30 - 30m Tracy | Barbell 30 - GF* 9:00 - 30m Stacy Cardio Tai Box Loaded - GF* 9:30 - 30m Stacy | Hatha Flow - GF* 8:00 - 60m Justine ZUMBA @ - UP* 9:00 - 60m Mamou S Tread N Shed - TR* 9:45 - 30m Izzy The Ride: Let the Beat Drop - TR* 10:15 - 45m Tracy | Hatha Flow - UP* 8:45 - 60m Vanessa F The Ride - TR* 9:00 - 45m Nichele Belly, Butt, & Thighs Bootcamp - GF* 10:00 - 30m Kristina Chisel - GF* 10:30 - 30m Kristina |
| MID-DAY | | | | | | | |
| EVENING | Transform it: Strong - GF* 6:00 - 30m Mamou S Fat Burning Pilates - GF* 6:30 - 30m Mamou S ZUMBA @ - GF* 7:00 - 60m Trisha The Ride - TR* 7:15 - 45m Stacey | HIIT The Deck - GF* 6:00 - 30m Tracy Chisel - GF* 6:30 - 30m Tracy 10 in 10: Mobility - HZ* 6:45 - 15m Mark G ZUMBA @ - GF* 7:00 - 60m Amira | Joint Ventures - GF* 6:00 - 30m Mark G Band Camp - GF* 6:30 - 30m Ness Hatha Flow - GF* 7:00 - 60m Cathy C. The Ride - TR* 7:15 - 45m Ness | Slow Burn - GF* 5:30 - 30m Ness Yoga Body Sculpt - GF* 6:00 - 60m Meredith The Ride - TR* 6:15 - 45m Mamou S ZUMBA @ - UP* 7:00 - 60m Bubbles | | | |



CLASS DESCRIPTIONS

STATEN ISLAND

364 Bay St | 718.816.7800
Mon - Thu: 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 7:00am - 6:00pm Sunday: 7:00am - 5:00pm

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

10 in 10: Agility: Improve your balance, coordination, mental focus, and overall athleticism in this 10-minute, 10-move session that serves as a great bonus finisher (or opener) to any workout.}

10 in 10: Mobility: Give us just ten minutes and keep it moving in this 10-exercise workout designed to prevent injury, increase your flexibility and improve your range of motion.}

30 in 30: The ultimate challenge...30 exercises in 30 minutes. This class provides the ultimate cardio, strength and power workout. Blaze through this signature workout that incorporates individual stations & a special station for team work. Can you complete 30 in 30?}

Band Camp: Get ready for Band Camp! Boost your workout and your backside with this dedicated lower body class that utilizes bands and bodyweight. Chisel your lower body and sculpt your core with unique movements that challenge your muscular endurance, core strength and stability. Band Camp delivers big results!}

Barbell 30: 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!}

Barbell Battleground: Enter the barbell battleground for a total body strength workout that will leave you strong and streamlined. Utilizing an adjustable barbell, resistance band, and plates, this workout will test your limits with a mix of strength training techniques designed to maximize both reps and results.}

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

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.}

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.}

Joint Ventures: Improve mobility and flexibility by increasing your range of motion in Joint Ventures! Untwist your upper body, loosen your lower half, then find your flow incorporating the entire body in this innovative spin on mobility. Work up a sweat while improving stamina, strength, flexibility, and balance, all in one 30-minute feel-good session.}

P3 Pilates: Power, Precision, and Progression are the focus of this one-of-a-kind Pilates workout. Grab a mat, a pair of dumbbells and get ready to work through a series of exercises designed to leave you long and lean with a rock-solid core. Take Pilates to the next level using flowing patterns that will demand power and precision while providing progressions that suit all fitness levels.}

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.}

Stripped-Down Strength: Accumulate endurance and accumulate results with this innovative body-shredding bodyweight blast! A great complement to heavy lifting, volume training allows for more reps and sets to failure while giving connective tissue a break. Shake it up with bursts of plyometric exercises to boost your energy and build bone density. Shift your body composition like never before with Stripped-Down Strength!}

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.}

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!}

Tread N Shed: This bad@ss cardio class will put you on the treadmill to melt away calories. In it, you'll use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.}

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.}