



GROUP FITNESS

WEST HOLLYWOOD

Week of 07/15/24

*R / Ride Y / Yoga GF / Group Fitness TA / Treadmill Area

MORNING

MID-DAY

EVENING

| | MONDAY, 07/15/24 | TUESDAY, 07/16/24 | WEDNESDAY, 07/17/24 | THURSDAY, 07/18/24 | FRIDAY, 07/19/24 | SATURDAY, 07/20/24 | SUNDAY, 07/21/24 |
|---------|--|--|--|--|---|--|--|
| MORNING | Tread N Shed - TA* 9:00 - 30m Andrew S Chisel - Y* 9:30 - 30m Andrew S *NEW* Vinyasa Yoga - Y* 10:30 - 60m Amy R CLMBR - R* 11:15 - 30m Douglas J | CLMBR - R* 6:15 - 30m Jasmine A Yoga Body Sculpt - Y* 8:00 - 60m Chau P The Ride - R* 9:00 - 45m Tommy W TRX® Circuit Party - GF* 9:15 - 45m Andrew S B.L.T. Butt, Legs & Thighs - GF* 10:30 - 45m Amy R | Diesel - GF* 7:00 - 30m Jodie P Washboard Abs - GF* 7:30 - 30m Jodie P Pilates Mat - GF* 9:00 - 45m Yulia B Intro to CLMBR - R* 10:15 - 15m David C Flow Yoga - Y* 10:30 - 60m Amy R CLMBR - R* 10:30 - 30m David C | B.L.T. Butt, Legs & Thighs - GF* 8:00 - 30m Amy R Washboard Abs - GF* 8:30 - 30m Amy R The Ride - R* 9:00 - 45m Colin K MYOBILITY® - GF* 9:15 - 45m Chau P | Party Ride - R* 8:00 - 45m Andrew S Tread N Shed - TA* 9:00 - 30m Andrew S Chisel - Y* 9:30 - 30m Andrew S Power Yoga - Y* 10:30 - 60m Mercy M | The Ride - R* 9:00 - 45m Andrew S Strength and Alignment - GF* 9:00 - 45m Ellie D Top it Off - GF* 10:00 - 30m Demetrius T *NEW* Tighen! Ass n' Abs - GF* 10:30 - 30m Demetrius T CLMBR - R* 11:00 - 30m GF Instructor | Diesel - GF* 10:00 - 45m Heinz A The Ride - R* 10:00 - 45m Andrew S Flow Yoga - Y* 11:00 - 60m Cindy M Chisel - GF* 11:30 - 45m Rae S |
| MID-DAY | Killer X Training - GF* 12:00 - 45m Colin K The Ride - R* 12:00 - 45m Douglas J Flow Yoga - Y* 1:00 - 60m Colin K | The Ride - R* 12:00 - 45m Andrew S Muscle & Hustle - GF* 12:00 - 45m Ellie D Vinyasa Yoga - Y* 1:00 - 60m Amy R | Shredded - GF* 12:00 - 30m Ellie D The Ride - R* 12:00 - 45m Amy R Ass & Abs - GF* 12:30 - 30m Ellie D | Diesel - GF* 12:00 - 45m Heinz A Ripped Ride - R* 12:00 - 45m Amy R | Killer X Training - GF* 12:00 - 45m Colin K Rhythm Ride - R* 12:00 - 45m Ellie D Flow Yoga - Y* 1:00 - 60m Colin K | Power Yoga - Y* 12:00 - 60m Mercy M | Lyra - GF* 1:30 - 75m Lauren A |
| EVENING | Diesel - GF* 5:00 - 45m Chau P The Ride - R* 5:30 - 45m Colin K B.L.T. Butt, Legs & Thighs - GF* 6:00 - 30m Jena K Muscle & Hustle - GF* 6:30 - 45m Jena K Flow Yoga - Y* 7:00 - 60m Colin K Dance de la Soul - GF* 7:30 - 45m Rodney W | Absolution - GF* 5:00 - 30m Andrew S Diesel - GF* 5:30 - 45m Andrew S Ripped Ride - R* 6:30 - 45m Christina F Relax & Restore Yoga - Y* 6:30 - 75m Colin K | Diesel - GF* 5:30 - 30m Demetrius T Abs & Stretch - GF* 6:00 - 30m Demetrius T Ripped Ride - R* 6:30 - 45m Christina F Power Yoga - Y* 7:00 - 75m Mercy M Hip Hop - GF* 7:30 - 60m Demetrius T XPOLE - GF* 9:00 - 75m Mercy M | Absolution - GF* 5:00 - 30m Andrew S Diesel - GF* 5:30 - 45m Andrew S The Ride - R* 6:30 - 45m Colin K Burn & Firm Pilates - GF* 6:45 - 45m Carmen M Power Yoga - Y* 7:00 - 75m Chau P | The Ride - R* 5:30 - 45m Colin K CLMBR - R* 6:30 - 30m Jasmine A | | |



CLASS DESCRIPTIONS

WEST HOLLYWOOD

8000 Sunset Blvd | 323.654.4550

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 8:00pm

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

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

***NEW* Vinyasa Yoga:** *NEW* 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.}

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

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

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

B.L.T. Butt, Legs & Thighs: Total focus on the lower body using bands, dumbbells, balls and body bars.}

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.}

CLMBR: The innovative CLMBR machine delivers powerful vertical training that is also gentle on the joints, aka "HILIT" (high-intensity, low-impact) In this class, creative climbing combos, sprints and resistance challenges are set to an epic playlist for a full-body, effective & efficient cardio workout.}

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.}

Dance de la Soul: Become one with the music in this dance class that fuses a variety of musical genres and dance styles and offers a full body cardiovascular workout. Learn dance routines that have been choreographed specifically to the words and rhythm of the songs to experience a dance of the soul.}

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.}

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.}

Hip Hop: Feel like a star of a music video after learning a dance routine in an easy-to-follow, add-on choreography format.}

Intro to CLMBR: The innovative CLMBR machine delivers powerful vertical training that is also gentle on the joints, aka "HILIT" (high-intensity, low-impact) In this intro class where creative climbing combos, sprints and resistance challenges are set to an epic playlist for a full-body, effective & efficient cardio workout for all fitness levels.}

Killer X Training: Push past your limit with this full-body, bootcamp workout designed to torch calories, rev up your heart rate and chisel your muscles with high-intensity plyometric exercises. This killer HIIT-style workout will have you dripping in sweat in minutes!}

Lyra: In this high-flying CirqFIT® aerial dance class you'll twist, turn and wind your way through a suspended aerial hoop, called a Lyra, to increase strength, balance and flexibility while learning choreographed movements that will all come together for an impressive acrobatic finale. Leggings and gloves are recommended.}

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.}

Muscle & Hustle: First, we "muscle" using heavy dumbbells as your trainer leads you through a series of strength building exercises with a focus on form and proper muscle engagement. Finish your workout with a "hustle" through timed cardio intervals for maximum results.}

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!}

Pilates Mat: A series of exercises based on the work of Joseph Pilates to strengthen and lengthen muscles with a focus on the body core.}

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.}

Relax & Restore Yoga: Restore and renew your mind, body and spirit in this relaxing Yoga experience. Restorative postures and flows will realign the body from head to toe, all while calming and quieting the mind.}

Rhythm Ride: This ultimate ride experience is all about the rhythm! Whether you're new to indoor cycling or a longtime Rider, get lost in the music while you work up a sweat.}

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.}

Strength and Alignment: Create a leaner, stronger more flexible body using classic sculpting and stretching techniques.}

TRX® Circuit Party: This circuit training class uses the TRX® and dumbbells 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.}

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.}

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.}

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.}

Washboard Abs: Using a piece of challenging equipment, create and define your six pack with an arsenal of waist whittling exercises.}

XPOLE: This fun and challenging pole fitness class, taught by XPERT Pole Fitness trained instructors, provides you with a safe and fun environment to learn a variety of pole fitness techniques, dance choreography, and combination flows that will increase your upper body and core strength, coordination, flexibility and balance. Learn to push, pull, lift and suspend your body weight while gracefully moving on and off the pole. Pole Fitness is a full body workout. Shorts recommended (no heels required).}

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.}