



# GROUP FITNESS

# UNION SQUARE

Week of 07/22/24

\*US / Union Sq Park GF / Group Fitness Y / Yoga R / Ride

MORNING



MID-DAY



EVENING



|         | MONDAY, 07/22/24   | TUESDAY, 07/23/24   | WEDNESDAY, 07/24/24  | THURSDAY, 07/25/24  | FRIDAY, 07/26/24  | SATURDAY, 07/27/24   | SUNDAY, 07/28/24  |
|---------|--|---|--|---|---|--|---|
| MORNING | <b>Express Ride</b> - R*<br>7:00 - 30m Louisa P<br><b>Shredded</b> - GF*<br>7:30 - 45m Louisa P<br><b>Pilates Mat</b> - Y*<br>10:30 - 45m Olivia W   | <b>Ripped Ride</b> - R*<br>7:30 - 45m Eric F<br><b>Sunrise Salutations</b> - Y*<br>8:30 - 60m Peggy S   | <b>Core Strength &amp; Alignment</b> - Y*<br>6:30 - 45m Marissa M<br><b>B.L.T. Butt, Legs &amp; Thighs</b> - GF*<br>7:30 - 45m Marissa M<br><b>Outdoor Dance Party at USQ Park!</b> - US*<br>9:15 - 45m Alinne A   | <b>The Ride</b> - R*<br>7:30 - 45m Eric F<br><b>Diesel</b> - GF*<br>8:30 - 45m Vanita I   | <b>Ripped Ride</b> - R*<br>7:00 - 45m Brian M<br><b>*NEW* Vinyasa Yoga</b> - Y*<br>7:30 - 60m Shane A<br><b>Cardio TKO</b> - GF*<br>10:30 - 30m Corinne T<br><b>Absolution with Toys</b> - GF*<br>11:00 - 30m Corinne T | <b>Ripped Ride</b> - R*<br>9:00 - 45m Dallis W<br><b>Core Yoga</b> - Y*<br>9:30 - 60m Carrie S<br><b>TRX@ Diesel</b> - GF*<br>10:00 - 45m Vladimir B<br><b>Pilates Mat</b> - Y*<br>11:00 - 45m Vladimir B<br><b>The Ride</b> - R*<br>11:30 - 45m Liz B | <b>Vinyasa Yoga</b> - Y*<br>10:00 - 60m Jen N<br><b>Ripped Ride</b> - R*<br>11:15 - 45m Jen N |
| MID-DAY | <b>TRX@ Diesel</b> - GF*<br>12:00 - 45m Eric F<br><b>Chisel</b> - GF*<br>1:00 - 45m Eric F   | <b>Weigh Hard Cardio</b> - GF*<br>12:00 - 45m Vanita I<br><b>Muscle &amp; Hustle</b> - GF*<br>1:00 - 45m Eric F   | <b>Shredded</b> - GF*<br>12:00 - 45m Joanna S<br><b>Ass &amp; Abs</b> - GF*<br>1:00 - 30m Joanna S   | <b>Chisel</b> - GF*<br>12:00 - 45m Kamaye S<br><b>Barre Bootcamp</b> - GF*<br>1:00 - 45m Kamaye S   | <b>Vinyasa Yoga</b> - Y*<br>12:00 - 45m Erin B<br><b>DEEP</b> - Y*<br>12:45 - 45m Erin B  | <b>MYOBILITY@</b> - Y*<br>12:00 - 60m Nora M<br><b>*SPECIAL EVENT*</b><br><b>XPole</b> - GF*<br>3:00 - 90m Nkenge S  | <b>Diesel</b> - GF*<br>12:00 - 45m Jen N  |
| EVENING | <b>Barre Bootcamp</b> - GF*<br>5:30 - 45m Aimee G<br><b>Vinyasa Yoga</b> - Y*<br>6:00 - 60m Carl Ho.<br><b>Theme Ride</b> - R*<br>6:00 - 45m Michelle L<br><b>Chisel</b> - GF*<br>6:30 - 45m Aimee G<br><b>XPOLE</b> - GF*<br>7:45 - 60m Natalie B | <b>Pilates Fusion</b> - Y*<br>4:30 - 45m Beth H<br><b>TRX@ Circuit</b> - GF*<br>5:30 - 45m Beth H<br><b>Vinyasa Yoga</b> - Y*<br>6:00 - 60m Jill W<br><b>The Ride</b> - R*<br>6:30 - 45m Brian M<br><b>Burn &amp; Firm Pilates</b> - GF*<br>7:00 - 45m Jill W | <b>Pilates Mat</b> - Y*<br>5:30 - 45m Aimee G<br><b>Chisel</b> - GF*<br>6:00 - 45m Shari C<br><b>Bliss Yoga</b> - Y*<br>6:30 - 60m Peggy S<br><b>Ripped Ride</b> - R*<br>6:30 - 45m Jen D<br><b>5,6,7,8 Dance Residency: Hip Hop</b> - GF*<br>7:00 - 45m Shari C | <b>Core Yoga</b> - Y*<br>4:30 - 60m James M<br><b>Party Ride</b> - R*<br>6:00 - 45m Christian P<br><b>Diesel</b> - GF*<br>6:15 - 45m Kimmi S<br><b>Vinyasa Yoga</b> - Y*<br>6:30 - 60m Jen N<br><b>POUND@</b> - GF*<br>7:00 - 30m Kimmi S | <b>Chisel</b> - GF*<br>5:30 - 45m Bishop G<br><b>Washboard Abs</b> - GF*<br>6:15 - 30m Bishop G   |  |   |



# CLASS DESCRIPTIONS

# UNION SQUARE

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

113 4th Ave | 212.533.0001  
Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Saturday: 7:00am - 9:00pm Sunday: 8:00am - 9:00pm

**\*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.}

**\*SPECIAL EVENT\* XPole:** This fun and challenging pole fitness class, taught by a Crunch Master Instructor, 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).}

**5,6,7,8 Dance Residency: Hip Hop:** Join us as some of the most amazing Crunch Dance Classes and Instructors go on tour. Ranging in unique and diverse dance styles and techniques, this class series is something you don't want to miss! Feel like a bad ass learning a dance routine that will make it seem like you are in a music video. Get ready to pop, lock and drop it to a high energy hip hop playlist.}

**Absolution with Toys:** The perfect core strengthening solution: concentrated ab-centric floorwork paired with deep restorative stretching just got more playful! Utilize "toys" like balls, bands & weights to enhance this core focused class.}

**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.}

**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.}

**Bliss Yoga:** A dynamic yet gentle style of hatha yoga that emphasizes body awareness and coordinating movement with breath. Take time to stretch tight muscles plus relax... you deserve it!}

**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 TKO:** Get your hands and heart rate up in this cardio-based class that is a total knock out! Easy to follow boxing, kickboxing, and mixed martial arts drills are set to adrenaline-pumping music to keep you fighting strong until the final bell!}

**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.}

**Core Yoga:** Taught in a traditional flow style with a bit of a twist, this yoga class focuses on using postures to build strength and balance in the back muscles, the abdominals and the glutes. Essentially giving your core, the key to any practice, the fine-tuning it needs.}

**DEEP:** This wellness-inspired class will lead you through myofascial release, foam rolling and stretches to restore, de-stress and recover your body. Using controlled (as deep as you want) pressure, you'll eliminate muscle soreness and improve your body's mobility. This class will leave you feeling a deeper vibe with your mind, body, and spirit.}

**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.}

**Express 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 all in 30mins!}

**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.}

**Outdoor Dance Party at USQ Park!:** Join us for at outdoor follow-along dance party at Union Square's "Summer in the Square" event! Crunch's top dance instructors will be at the West Plaza Fitness Stage at W 16th St & Union Square West.}

**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.}

**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 Fusion:** Based on traditional Pilates exercises, this class also incorporates athletic training moves to provide a workout that will improve core strength, balance and flexibility.}

**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.}

**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.}

**Sunrise Salutations:** Rise and shine, morning glory and wake up to the power of the sun. Skip the caffeine and jump-start your day with a class that builds strength and flexibility with every pose.}

**TRX@ Circuit:** This circuit training class uses the TRX@ and dumbbells to combine strength, balance and cardio for one kick-butt workout.}

**TRX@ Diesel:** Jump, fly and hang from the durable TRX@ Suspension Trainer to push, pull, lift and lower your body through superhero inspired cardio burst and strength intervals that will enhance your power instantaneously.}

**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.}

**Theme Ride:** Put the pedals to the metal and get ready to sweat with instructors serving up seriously fun rides with a themed soundtrack, challenge or motivation to entertain and encourage you to the finish line!}

**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.}

**Weigh Hard Cardio:** You'll have your hands full in this non-stop, easy-to-follow class using light weights that you'll never put down.}

**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).}