



GROUP FITNESS

WALNUT CREEK

Week of 05/13/24

*GF / Group Fitness R / Ride HZ / PT Area TA / Treadmill Area RB / Ride B

MORNING

MID-DAY

EVENING



	MONDAY, 05/13/24	TUESDAY, 05/14/24	WEDNESDAY, 05/15/24	THURSDAY, 05/16/24	FRIDAY, 05/17/24	SATURDAY, 05/18/24	SUNDAY, 05/19/24
MORNING	<p>The Ride - R* 6:00 - 45m Eli S</p> <p>Sunrise Yoga - GF* 7:30 - 45m Ronni C</p> <p>Cardio Kickboxing - GF* 8:30 - 45m Ronni C</p> <p>Barre with Toys - GF* 9:30 - 45m Ronni C</p> <p>Vinyasa Yoga - GF* 10:30 - 75m Gardenia G</p>	<p>Diesel - GF* 5:30 - 45m Alison P</p> <p>Muscle & Hustle - GF* 8:30 - 45m David B</p> <p>TRX® Free Move - GF* 9:30 - 45m Sawitree S</p> <p>DEEP - GF* 10:30 - 75m Ilze M</p>	<p>The Ride - R* 6:00 - 45m Eli S</p> <p>MYOBILITY® - GF* 7:30 - 45m Ilze M</p> <p>Shredded - GF* 8:30 - 45m Sawitree S</p> <p>Barre with Toys - GF* 9:30 - 45m David B</p> <p>Vinyasa Yoga - GF* 10:30 - 75m Gardenia G</p>	<p>Chisel - GF* 5:30 - 45m Virginia</p> <p>Knockout - GF* 8:30 - 45m Sawitree S</p> <p>Top Shelf A\$\$ & Abs - GF* 9:30 - 45m Sawitree S</p> <p>Yin Yoga - GF* 10:30 - 75m Gardenia G</p>	<p>AXLE: Loaded - GF* 5:30 - 45m Alison P</p> <p>The Ride - RB* 7:00 - 45m Denee</p> <p>Power Yoga - GF* 8:30 - 45m Tatiana R</p> <p>Super Sculpt - GF* 9:30 - 45m Sawitree S</p> <p>AntiGravity® Yoga - GF* 10:30 - 75m Gardenia G</p>	<p>Party Ride - R* 8:00 - 45m Virginia</p> <p>Barre with Toys - GF* 9:00 - 45m Deirdre J</p> <p>Brawl - HZ* 9:00 - 60m David B</p> <p>TRX® 101 - GF* 10:00 - 45m Deirdre J</p> <p>Chisel - GF* 11:00 - 45m Alison P</p>	<p>Tuff Turf Circuit - HZ* 8:00 - 45m Nancy P</p> <p>The Ride - R* 9:00 - 45m Denee</p> <p>Hatha Yoga - GF* 9:00 - 60m Gardenia G</p> <p>SHH... Tread N Shed - TA* 9:00 - 30m Nancy P</p> <p>TRX® Bootcamp - GF* 10:00 - 45m Nancy P</p> <p>Brawl - HZ* 11:00 - 45m Nancy P</p> <p>Pilates Mat - GF* 11:00 - 45m Deirdre J</p>
MID-DAY	<p>Pilates Mat - GF* 12:00 - 45m Midori M</p>	<p>ZUMBA® - GF* 12:00 - 45m Maria P</p> <p>Tuff Turf Circuit - HZ* 12:00 - 45m Sawitree S</p>	<p>Chisel - GF* 12:00 - 45m David B</p> <p>MYOBILITY® - GF* 1:00 - 45m Ilze M</p>	<p>Tuff Turf Circuit - HZ* 12:00 - 45m JJ</p> <p>ZUMBA® - GF* 12:00 - 45m Maria P</p>	<p>Bungee: Flow & Fly - GF* 12:00 - 60m Katie H</p>	<p>BOSU® Body - GF* 12:00 - 45m Alison P</p> <p>Pop Dance Project - GF* 1:00 - 45m Rachel D</p> <p>Flow Yoga - GF* 2:00 - 60m Gardenia G</p>	<p>ZUMBA® - GF* 12:00 - 45m Rachel D</p> <p>AntiGravity® Yoga - GF* 1:00 - 60m Gardenia G</p> <p>XPOLE - GF* 2:15 - 60m Tiffany T</p>
EVENING	<p>Barre with Toys - GF* 4:30 - 45m Midori M</p> <p>Hoppin' - GF* 5:30 - 45m Midori M</p> <p>The Ride - R* 6:00 - 45m Kellie N</p> <p>Bendable Body - GF* 6:30 - 30m Midori M</p> <p>Chisel - GF* 7:00 - 45m Priscilla F</p>	<p>Cardio Dance Blast - GF* 5:00 - 45m Midori M</p> <p>TRX® Circuit Party - GF* 6:00 - 45m Midori M</p> <p>Yin Yoga - GF* 7:00 - 60m Midori M</p> <p>Pilates Sculpt - GF* 8:00 - 45m Deirdre J</p>	<p>*NEW* HALFSIES: Ride + Chisel - R* 3:30 - 45m David B</p> <p>Sweat School Session! - GF* 3:30 - 45m Sawitree S</p> <p>Bungee: Flow & Fly - GF* 4:30 - 45m Katie H</p> <p>Red Light Pole - GF* 6:00 - 45m Robin M</p> <p>Ripped Ride - R* 6:00 - 45m Jennifer M</p> <p>Pop Dance Project - GF* 7:00 - 45m Jennifer M</p> <p>BOSU® Body - GF* 8:00 - 45m Joclar D</p>	<p>Cardio Dance Blast - GF* 5:00 - 45m Joclar D</p> <p>Super Sculpt - GF* 6:00 - 45m Sawitree S</p> <p>DEEP - GF* 7:00 - 60m Ilze M</p> <p>Pilates Mat - GF* 8:00 - 45m Deirdre J</p>	<p>Booty Kickin' Step - GF* 6:00 - 45m Sawitree S</p> <p>Cardio Dance Blast - GF* 7:00 - 60m Monica H</p>	<p>Sweat School Session! - GF* 3:30 - 45m Rachel D</p>	



CLASS DESCRIPTIONS

WALNUT CREEK

2830 Ygnacio Valley Rd | 925.266.3200

Mon - Thu: 5:00am - 10:00pm Friday: 5:00am - 9:00pm Sat - Sun: 7:00am - 7:00pm

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

***NEW* HALFSIES: Ride + Chisel:** *NEW* Let's go HALFSIES! Experience the ultimate burn session - half Ride, half Chisel. FULL FUN! Climb, sprint, and train to incredible music on the stationary bike followed by a full-body workout using weight training techniques and exercises to sculpt & shape major muscle groups. Athletic sneakers or hybrid cycling shoes with embedded clips are recommended. You'll never pick up the check again!}

AXLE: Loaded: Time to go #BeastMode in this weightlifting class that combines explosive power exercises with high-intensity cardio bursts to amplify muscle recruitment and metabolic load. Learn proper form to maximize your workout safely and effectively; then add weighted plates to your AXLE (optional 5lb-50lb) to increase muscle strength and endurance.}

AntiGravity® Yoga: Stretch further and hold challenging postures longer using a flowing fabric hammock as your only prop. With the fabric as a soft trapeze, you'll learn simple suspension techniques to move into seemingly impossible inverted poses to relieve compressed joints and align the body from head to toe.}

BOSU® Body: Integrate balance with strength in this deep body defining class.}

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!}

Bendable Body: This dynamic flexibility class will increase range of motion and mobility of connective tissue while targeting the hip flexors, hamstrings, neck and back. This restorative class is perfect for over-exercisers or anyone looking to release tension and improve flexibility.}

Booty Kickin' Step: This high-powered workout offers participants the latest in step choreography. Mambos, pivots, hop-turns and double dutch repeaters! We recommend that beginners use one level of risers.}

Brawl: Brawl is a high intensity boxing based interval training class that utilizes techniques from boxing incorporated with strength and conditioning training. Each of fast paced rounds delivers punches, kicks and power packed strength exercises to burn fat, tone muscle and make you a contender! }

Bungee: Flow & Fly: Inspired by classic Pilates & Ballet Barre training, this class utilizes the 4D PRO Bungee Trainer to create a workout that tightens, tones and lengthens muscles. Together, resistance from the bungee, high repetition exercises & breath work, develop long lean legs, a tight strong core & helps reduce the appearance of cellulite by training the fascia.}

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 Kickboxing: 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.}

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.}

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.}

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.}

Hatha Yoga: This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. It is a delicious, mindful and moving class. All levels welcome.}

Hoppin': This intense low-impact cardiovascular workout using the JumpSport® Fitness Trampoline, will blast away calories and will have you in hopping into shape in no time.}

Knockout: Step into the ultimate fitness fusion with KNOCKOUT - a high energy class that seamlessly blends kickboxing, step and a little body shaking. Elevate your heart rate, build strength and boost endurance in this fierce fitness adventure!}

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.}

Pilates Sculpt: Not just a series of exercises based on the work of Joseph Pilates to strengthen and lengthen muscles with a focus on the body core. This class adds Pilates props to transform a new you.}

Pop Dance Project: Let your inner dancer take the stage with the hottest moves in this dance-based cardio class. Each week you'll learn fresh choreography that will have you tWERKing up a sweat to some major top 40 hits!}

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.}

Red Light Pole: This sexy pole dancing class is raw and real! We will be sultry, sensual, heel banging and hardcore which is all of the best features of exotic pole. In this class you will learn a choreographed routine that will keep you some heart pumping choreography and heat the room up! Knee pads and Heels are strongly recommended!}

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.}

SHH... Tread N Shed: This bad@ss cardio class will put you on the treadmill to melt away calories while wearing state-of-the-art silent disco-style headphones, putting your motivational trainer & hot tunes in your ears to keep you going! In this class, you'll alternate sprints, jogs & walks with varying speeds and inclines to get a killer cardio workout!}

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 Yoga: Start your day off right with Yoga! Postures known as asanas dynamically flow together to strengthen, stretch and relax.}

Super Sculpt: An intense workout focusing on light weights and high reps using body bars or free weights. Increase your strength and improve your definition while working your muscular endurance. All fitness levels welcome.}

Sweat School Session!: Calling all kiddos ages 5-10! Join us in the group fitness studio for a sweaty festival of fun as we move through a variety of exercises including dance cardio, agility drills, and stretches. This is the perfect combination of fun and fitness! Parents are welcome to stay and play.}

TRX® 101: In this class you'll learn how to use the TRX® suspension trainer. Throughout class you'll hang, push, pull, lift and lower your body through Spiderman-like moves for a total body suspension workout that also super-strengthens your core.}

TRX® Bootcamp: This class has you on and off the TRX® completing the ultimate in intensive interval training incorporating the TRX and then alternating with plyometric and strength work using nothing but the power of your own body. Bootcamp just got badass.}

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.}

TRX® Free Move: Looking to create longer, leaner muscles with the benefit of moving and feeling better? This Crunch Exclusive was designed in partnership with TRX® to accomplish just that. Come to this class to challenge your strength and coordination while ultimately enhancing your mobility using the TRX® Suspension Trainer. You will walk out of class standing taller and with more freedom of movement in your body.}

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 Shelf \$\$\$ & Abs: Dance your way to the "perfect peach" - Using resistance bands, bodyweight & the hottest trending songs, you'll follow along to fun and simple choreography that seriously fires up those glutes! Heart-pumping cardio & low-impact exercises with added ab work will have you rocking out that "top shelf booty" in no time!}

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.}

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).}

Yin Yoga: Yin Yoga is a specific form that consists of long held passive postures. It allows the deep layers of constricted tissues to unblock through its gentle pressure on the fascia, particularly around the hips and lower back. The slow pace creates a restful, nourishing yoga experience.}

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.}