



# GROUP FITNESS

## WALNUT CREEK

Week of 06/30/25

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

MORNING



MID-DAY



EVENING



	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
	<b>The Ride</b> - R* 6:00 - 45m Denee <b>Yoga Body Sculpt</b> - GF* 6:30 - 45m Ria S <b>Cardio Kickboxing</b> - GF* 8:30 - 45m Ronni C <b>Barre with Toys</b> - GF* 9:30 - 45m Ronni C <b>Vinyasa Yoga</b> - GF* 10:30 - 75m Gardenia G	<b>Diesel</b> - GF* 5:30 - 45m Alison P <b>Sunrise Yoga</b> - GF* 7:30 - 45m Liz F <b>Muscle &amp; Hustle</b> - GF* 8:30 - 45m Liz F <b>TRX® Free Move</b> - GF* 9:30 - 45m Liz F <b>DEEP</b> - GF* 10:30 - 75m Liz F	<b>The Ride</b> - R* 6:00 - 45m Tracy P <b>Barre Bootcamp</b> - GF* 6:30 - 45m David B <b>Knockout</b> - GF* 8:30 - 45m Liz F <b>Barre with Toys</b> - GF* 9:30 - 45m Liz F <b>Vinyasa Yoga</b> - GF* 10:30 - 75m Gardenia G	<b>Sunrise Yoga</b> - GF* 7:30 - 45m Nikkia S <b>Shredded</b> - GF* 8:30 - 45m Liz F <b>Top Shelf A\$\$ &amp; Abs</b> - GF* 9:30 - 45m Liz F <b>Yin Yoga</b> - GF* 10:30 - 75m Liz F	<b>HALFSIES: Ride + Chisel</b> - RB* 8:30 - 45m David B <b>Super Sculpt</b> - GF* 9:30 - 45m Eva T <b>AntiGravity® Yoga</b> - GF* 10:30 - 75m Gardenia G	<b>Party Ride</b> - R* 8:00 - 45m Virginia <b>Brawl</b> - HZ* 8:00 - 45m David B <b>Barre with Toys</b> - GF* 9:00 - 45m Midori M <b>Chisel</b> - GF* 10:00 - 45m Eva T	<b>The Ride</b> - R* 8:00 - 45m Denee <b>Hatha Yoga</b> - GF* 9:00 - 45m Gardenia G <b>Pilates Mat</b> - GF* 10:00 - 45m Deirdre J <b>ZUMBA®</b> - GF* 11:00 - 45m Alex H
	<b>Pilates Mat</b> - GF* 12:00 - 45m Midori M	<b>Tuff Turf Circuit</b> - HZ* 12:00 - 45m Liz F <b>ZUMBA®</b> - GF* 12:00 - 45m Maria P	<b>Chisel</b> - GF* 12:00 - 45m Liz F <b>MYOBILITY®</b> - GF* 1:00 - 45m Liz F	<b>Tuff Turf Circuit</b> - HZ* 12:00 - 45m JJ			
	<b>Super Sculpt</b> - GF* 3:30 - 45m Eva T <b>Barre with Toys</b> - GF* 4:30 - 60m Midori M <b>Hoppin'</b> - GF* 5:30 - 45m Midori M <b>The Ride</b> - R* 6:00 - 45m Kellie N <b>Bendable Body</b> - GF* 6:30 - 30m Midori M <b>Chisel</b> - GF* 7:00 - 45m Joclar D	<b>Cardio Dance Blast</b> - GF* 5:00 - 45m Midori M <b>TRX® Circuit Party</b> - GF* 6:00 - 45m Midori M <b>Relax &amp; Restore Yoga</b> - GF* 7:00 - 45m Midori M <b>Lyra</b> - GF* 8:00 - 60m Symone D	<b>Ripped Ride</b> - R* 6:00 - 45m Jennifer M <b>Diesel</b> - GF* 6:00 - 45m Sawitree S	<b>Super Sculpt</b> - GF* 6:00 - 45m Midori M			



# CLASS DESCRIPTIONS

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

# 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

Fourth of July Holiday Hours Friday, July 4th: 7am - 7pm

**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.}

**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.}

**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.}

**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! }

**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.}

**HALFSIES: Ride + Chisel:** 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!}

**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 booty shaking. Elevate your heart rate, build strength and boost endurance in this fierce fitness adventure!}

**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 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.}

**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.}

**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 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.}

**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 A\$\$ & 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.}

**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.}

**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.}