



GROUP FITNESS

WEST BABYLON

Week of 09/07/26

*GF / Group Fitness R / Ride HZ / HIITZone

MORNING

MID-DAY

EVENING

	MONDAY, 09/07/26	TUESDAY, 09/08/26	WEDNESDAY, 09/09/26	THURSDAY, 09/10/26	FRIDAY, 09/11/26	SATURDAY, 09/12/26	SUNDAY, 09/13/26
MORNING	Rapid Ride - R* 8:30 - 30m Dawne G Beach Workout - Arms & Abs - GF* 9:00 - 30m Dawne G Beach Workout - Legs, Core & More - GF* 9:30 - 30m Dawne G *Special Event* WorkHIIT - HZ* 10:00 - 45m Carlene F ZUMBA ® - GF* 10:00 - 60m Brandon B Chisel - GF* 11:00 - 30m Caroline S EVOLVE: Active - GF* 11:30 - 30m Caroline S	Iron Mat Pilates - GF* 8:30 - 30m Amber S Barbell 45 - GF* 9:00 - 45m Laurie K The Ride - GF* 9:00 - 45m Amber S Top it Off - GF* 9:45 - 30m Carlene F ZUMBA ® - GF* 10:15 - 60m Marsha s Chisel - GF* 11:15 - 30m Donna D EVOLVE: Active - GF* 11:45 - 30m Donna D	Rapid Ride - R* 8:00 - 30m Dawne G Absolution - GF* 8:30 - 30m Amber S Overdrive - GF* 9:00 - 30m Amber S Chisel - GF* 9:30 - 30m Amber S ZUMBA ® - GF* 10:00 - 60m Michelle P	The Ride: Let the Beat Drop - GF* 8:15 - 45m Ellen B Top it Off - GF* 9:00 - 30m Donna D P3 Pilates - GF* 9:30 - 30m Donna D ZUMBA ® - GF* 10:00 - 60m Tyler H Belly, Butt, & Thighs Bootcamp - GF* 11:00 - 30m Donna D EVOLVE: Attitude - GF* 11:30 - 30m Donna D	Tread N Shed - GF* 8:00 - 30m Carlene F Total Body Circuit - GF* 8:45 - 45m Carlene F Barbell Battleground - GF* 9:30 - 45m Carlene F ZUMBA ® - GF* 10:15 - 60m Anthony D	Yoga Body Sculpt - GF* 8:00 - 60m Brittany B Rapid Ride - R* 8:15 - 30m Dawne G Stacked - GF* 9:00 - 30m Dawne G Band Camp - GF* 9:30 - 30m Dawne G ZUMBA ® - GF* 10:00 - 60m gabrielle r	*Special Event* The Ride: Heavy Mileage - R* 9:00 - 45m Teri K ZUMBA ® - GF* 10:00 - 60m Jennifer R
MID-DAY							
EVENING		Chisel - GF* 5:30 - 30m Danielle M 10 in 10: Core - GF* 6:00 - 15m Danielle M The Ride: Let the Beat Drop - R* 6:15 - 45m Danielle M ZUMBA ® - GF* 6:30 - 60m DJ r Yoga Body Sculpt - GF* 7:30 - 60m Ava H	The Ride - R* 5:00 - 45m Christina C Barbell 45 - GF* 5:00 - 45m Janine F P3 Pilates - GF* 5:45 - 45m Janine F ZUMBA ® - GF* 6:30 - 60m Carla G	Belly, Butt, & Thighs Bootcamp - GF* 5:00 - 30m Donna D Top it Off - GF* 5:30 - 30m Donna D Loaded Yoga - GF* 6:00 - 30m Donna D ZUMBA ® - GF* 6:45 - 60m Jaylinn H	ZUMBA ® - GF* 6:30 - 60m Carla G		



CLASS DESCRIPTIONS

WEST BABYLON

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

369 Little East Neck Rd | 631.620.3990
Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Saturday: 6:00am - 7:00pm Sunday: 7:00am - 6:00pm

***Special Event* The Ride: Heavy Mileage:** Put the pedals to the metal in this interval based workout. You will work in dedicated rounds of cardio and endurance on the bike and then you will dismount and kick it up a notch by adding weights into the mix. Weighted rounds are performed off the bike for maximum performance. Get ready to take on this challenge. Are you ready for heavy mileage?}

***Special Event* WorkHIIT:** This team-driven trial on the turf will take you out of the daily grind so you can work like a BOSS. You'll put in that sweat equity, and the dividends will ROLL in!}

10 in 10: Core: Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

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

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 45: 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.}

Beach Workout - Arms & Abs: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt your upper body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with weighted core blasts to shred your torso and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

Beach Workout - Legs, Core & More: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt not only your assets, but ALL of the muscles in your lower body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with fat-torching cardio blasts and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

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.}

Chisel: Use weights and calisthenics to sculpt and shape muscles.}

EVOLVE: Active: Become the best version of yourself with EVOLVE: Active! This class designed for Active Older Adults features bursts of diverse low impact exercises designed to protect joints, support bone density, train your balance, and energize your body with multi-level cardio-based exercises to keep your heart healthy and your metabolism firing! Go active and get ready to move!}

EVOLVE: Attitude: Join us for this one-of-a-kind dance class for Active Older Adults. Live your life to the fullest and turn it up with a fiercely fun, personality-fueled dance party to energize your body and spirit. This active workout also features core, strength and balance work designed to leave you feeling strong and centered.}

Iron Mat Pilates: Push your pilates mat practice to the max with innovative exercises and the addition of weights to give your body iron-strength.}

Loaded Yoga: Take your yoga practice to the next level in this unique class that combines flexibility and strength. This unique class links the mind and body in a totally different way delivering a challenge to remember. Start by introducing a sequence of poses "UNLOADED" with no weights and then take it to the next level as you "LOAD" the same sequence for a challenge that demands control from both the mind and body.}

Overdrive: Shift your workout into overdrive with this high intensity interval training class that combines grueling, all-out work efforts with brief recovery periods to provide a total body workout with maximum results.}

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.}

Rapid 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!}

Stacked: Take your workout to new heights as you layer stack upon stack of cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise intensity along the way and prepare to dig deep to work your way back down. Let's see how you Stack up.}

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.}

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.}

Total Body Circuit: 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, utilizing 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 and crush some serious fitness goals!}

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.}

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.}