



GROUP FITNESS

GARDEN GROVE

Week of 12/09/24

*GF / Group Fitness

	MONDAY, 12/09/24	TUESDAY, 12/10/24	WEDNESDAY, 12/11/24	THURSDAY, 12/12/24	FRIDAY, 12/13/24	SATURDAY, 12/14/24	SUNDAY, 12/15/24
MORNING 	Hatha Flow - GF* 10:00 - 60m Julia P			Iron Mat Pilates - GF* 10:00 - 30m Shelby M P3 Pilates - GF* 10:30 - 30m Shelby M	ZUMBA @ - GF* 9:00 - 60m Shamila H		
MID-DAY 							
EVENING 		ZUMBA @ - GF* 6:30 - 60m Luis A Absolution - GF* 7:30 - 30m Luis A	Hatha Flow - GF* 6:00 - 60m Rachel H	ZUMBA @ - GF* 6:30 - 60m Jasmine			



CLASS DESCRIPTIONS

GARDEN GROVE

9822 Katella Ave | 714.462.3611

Mon - Thu: 5:00am - 11:00pm 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

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

Hatha Flow: Yoga that integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. A delicious, mindful and moving class. All levels welcome.}

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.}

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.}

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.}