



# GROUP FITNESS

# ROUND ROCK

Week of 02/10/25  
\*R / Ride GF / Group Fitness

MORNING

MID-DAY

EVENING

	MONDAY, 02/10/25	TUESDAY, 02/11/25	WEDNESDAY, 02/12/25	THURSDAY, 02/13/25	FRIDAY, 02/14/25	SATURDAY, 02/15/25	SUNDAY, 02/16/25
MORNING		<b>The Ride</b> - R* 5:30 - 45m Lindsey B. <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 11:15 - 30m Charmaine E <b>Top it Off</b> - GF* 11:45 - 30m Charmaine E	<b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 5:30 - 30m Jenni P <b>The Ride</b> - R* 5:30 - 45m Cynthia o. <b>Top it Off</b> - GF* 6:00 - 30m Jenni P	<b>Bodyweb w TRX @</b> - GF* 5:30 - 30m Jenni P <b>Slammed</b> - GF* 6:00 - 30m Jenni P <b>The Push Point</b> - GF* 11:15 - 30m Charmaine E <b>Absolution</b> - GF* 11:45 - 30m Charmaine E	<b>The Ride</b> - R* 5:30 - 45m Cynthia o.	<b>Cardio Tai Box Loaded</b> - GF* 9:15 - 30m Christine H. <b>The Ride</b> - R* 9:15 - 45m Beth F. <b>Absolution</b> - GF* 9:45 - 30m Christine H. <b>Barbell 45</b> - GF* 10:15 - 45m Selena V. <b>ZUMBA @</b> - GF* 11:30 - 60m Clau C.	<b>The Ride</b> - R* 9:15 - 45m Selena V. <b>Chisel</b> - GF* 10:15 - 30m Charmaine E
MID-DAY	<b>The Ride</b> - R* 12:15 - 45m Selena V.			<b>The Ride</b> - R* 12:15 - 45m Eli O			
EVENING	<b>Barbell 45</b> - GF* 5:30 - 45m Charmaine E <b>The Ride</b> - R* 6:30 - 45m Eleanor M. <b>ZUMBA @</b> - GF* 6:30 - 60m Ana A	<b>Top it Off</b> - GF* 5:45 - 30m Danielle S. <b>The Ride</b> - GF* 5:45 - 45m Beth F. <b>POUND@</b> - GF* 6:15 - 30m Danielle S. <b>So You Think You Can't Dance</b> - GF* 6:45 - 30m Jay B.	<b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 5:45 - 30m Charmaine E <b>The Ride</b> - R* 5:45 - 45m Selena V. <b>Absolution</b> - GF* 6:15 - 30m Charmaine E <b>Yoga Body Sculpt</b> - GF* 6:45 - 60m Quen D.	<b>Chisel</b> - GF* 5:30 - 30m Charmaine E <b>The Ride</b> - R* 5:45 - 45m Eli O <b>ZUMBA @</b> - GF* 6:30 - 60m Key W.	<b>The Ride</b> - R* 5:45 - 45m Beth F. <b>ZUMBA @</b> - GF* 6:30 - 60m Megan B.		



# CLASS DESCRIPTIONS

# ROUND ROCK

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

2800 South Interstate 35 | 512.945.9455

Open 24/7

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

**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!}

**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.}

**Bodyweb w TRX @:** Hang from the durable TRX® ropes to push, pull, lift and lower your body through Spiderman moves for a total body suspension workout that also super-strengthens your core.}

**Cardio Tai Box Loaded:** Get ready to sweat in this remixed version of Cardio Tai Box. Hit, kick and punch your way through dedicated cardio rounds mixed with high rep low weight work designed to give your workout the maximum punch. Rounds of super high intensity cardio mixed with targeted upper body sculpting makes Cardio Tai Box Loaded the winner of the bout. This workout packs a punch!}

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

**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 Ripstix™ - weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.}

**Slammed:** Focus on Strength, Length, Agility and Mobility and get SLAMMED in this hard hitting high intensity class utilizing Hyperwear sandbells. You'll slam, push, pull and drag your sandbell through a series of hardcore heavy hitting exercises designed to chisel your body and slam you into shape.}

**So You Think You Can't Dance:** Bring the magic of dancing back with this cardio dance class which combines easy to follow moves with fun choreography. This non stop format, will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again!}

**The Push Point:** Explore your limits and push your boundaries in this Intense strength-based workout, alternating plyometrics and strength training. The Push Point utilizes Tabata intervals to create a rollercoaster ride of work! Participants alternate blocks of controlled lower body and heavy upper body weight training followed by the adrenaline rush of a power block of plyometric lower body work efforts and lighter upper body sculpting. Pattern the work, then PUSH it: that's The Push Point!}

**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 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.}

**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.}