



GROUP FITNESS

CARROLLWOOD

Week of 05/13/24
*R / Ride Y / Hot Yoga GF / Group Fitness

	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>Cardio Tai Box - GF* 8:30 - 30m Nicole C</p> <p>Chisel - GF* 9:00 - 30m Nicole C</p> <p>Foundation - Y* 9:45 - 60m Leyna J</p> <p>ZUMBA @ - GF* 10:00 - 60m Jennifer S</p> <p>EVOLVE: Attitude - GF* 11:00 - 30m Jennifer S</p> <p>EVOLVE: Active - GF* 11:30 - 30m Jennifer S</p>	<p>Barbell Battleground - GF* 8:30 - 45m Nicole C</p> <p>Flow - Y* 8:45 - 60m Leyna J</p> <p>The Ride - R* 9:30 - 45m Sharon E</p> <p>ZUMBA @ - GF* 10:00 - 60m Wendy C</p> <p>Barre Assets - GF* 11:00 - 30m Leyna J</p>	<p>B30 Body - GF* 9:00 - 45m Ericka A</p> <p>Flow - Y* 9:00 - 60m Tracey</p> <p>ZUMBA @ - GF* 10:00 - 60m Ericka A</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 11:00 - 30m Christie P</p> <p>Top it Off - GF* 11:30 - 30m Christie P</p>	<p>Cardio Tai Box - GF* 8:30 - 30m Nicole C</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Nicole C</p> <p>Fierce - Y* 9:45 - 60m Leyna J</p> <p>ZUMBA @ - GF* 10:00 - 60m Monica M</p> <p>Barre Assets - GF* 11:00 - 30m Ericka A</p> <p>So You Think You Can't Dance - GF* 11:30 - 30m Ericka A</p>	<p>Yoga Body Sculpt - GF* 9:00 - 60m Ana R</p> <p>Flow - Y* 10:00 - 60m Tracey</p> <p>ZUMBA @ - GF* 10:00 - 60m Ana R</p> <p>Fat Burning Pilates - GF* 11:00 - 30m Leyna J</p> <p>EVOLVE: Ability - GF* 11:30 - 30m Leyna J</p>	<p>Yoga Body Sculpt - GF* 8:30 - 60m Shanna G</p> <p>ZUMBA @ - GF* 10:00 - 60m Khadijah G</p> <p>Fierce - Y* 10:00 - 60m Leyna J</p>	<p>The Ride - R* 8:30 - 45m Nanjalee M</p> <p>Yoga Body Sculpt - GF* 9:00 - 60m Leyna J</p> <p>Flow - Y* 10:30 - 60m Sarah S.</p> <p>ZUMBA @ - GF* 10:30 - 60m Nanjalee M</p>
MID-DAY 							
EVENING 	<p>Fierce - Y* 6:00 - 60m Jennifer S</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Karvel</p> <p>The Ride - R* 6:30 - 45m Chris</p> <p>Top it Off - GF* 6:30 - 30m Karvel</p> <p>ZUMBA @ - GF* 7:00 - 60m Khadijah G</p> <p>Foundation - Y* 7:30 - 60m Chris</p>	<p>B30 Body - GF* 6:00 - 45m Dawn B</p> <p>ZUMBA @ - GF* 7:00 - 60m Khadijah G</p> <p>Flow - Y* 7:15 - 60m Sarah K.</p>	<p>B30 Body - GF* 6:00 - 45m Shaniqua T</p> <p>Foundation - Y* 6:00 - 60m Violetta</p> <p>The Ride - R* 6:30 - 45m Treye W</p> <p>ZUMBA @ - GF* 7:00 - 60m Shaniqua T</p> <p>Flow - Y* 7:30 - 60m Chris</p>	<p>B30 Body - GF* 6:00 - 45m Durell Lorenzo</p> <p>Flow - Y* 6:00 - 60m Violetta</p> <p>ZUMBA @ - GF* 7:00 - 60m Durell Lorenzo</p>	<p>Foundation - Y* 6:30 - 60m Chris</p>		<p>Foundation - Y* 5:00 - 60m Troy</p>



CLASS DESCRIPTIONS

CARROLLWOOD

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

15798 N Dale Mabry Hwy | 813.304.2491

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

B30 Body: 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.}

Barre Assets: Combine fat burning exercises with classical ballet movements and leave looking as lean and toned as a prima ballerina.}

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.}

Cardio Tai Box: A high energy, high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.}

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

EVOLVE: Ability: Meet the next revolution in fitness in our Active Older Adult program. Designed for active seniors who want to keep it moving, pain-free, EVOLVE: Ability focuses on mobility, stability, and flexibility. This unique workout prevents injury, develops range of motion, core stability, and enhances postural alignment, all in a 30-minute workout that leaves you strong, balanced, and moving with ease! You'll feel refreshed and ready for anything life has to offer!}

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.}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

Fierce: Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring Your Own Mat}

Flow: This Vinyasa flow class will take your yoga to the next level all while practicing in a heated studio. This unique class blends beautiful movements along with music that enhance the experience and will leave your mind in flight as your body flows through this one of a kind yoga sequence.

Bring Your Own Mat}

Foundation: Build your practice - build the foundation. Foundation focuses on a sequence of basic yoga poses taught in a heated studio. Level options are offered in this unique class that is great for new yoga fans and also experienced yoga fanatics.

Bring Your Own Mat}

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 a fun choreographic block. 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 goal is to dance like nobody is watching or so you think!}

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.}