



GROUP FITNESS

KILLEEN

Week of 09/07/26

*GF / Group Fitness R / Ride HY / HOT YOGA TA / Treadmill Area

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
	The Trifecta Tough Tread, Ripped Pilates, HIIT The Bells - GF* 8:30 - 90m Kimmie ZUMBA @ - GF* 10:30 - 60m Dawn W	Total Body Circuit - GF* 5:00 - 45m Amber C Hot Core - HY* 6:00 - 30m Amber C Ripped Pilates - GF* 8:30 - 45m Michele Hot Athlete - HY* 8:30 - 45m Samantha ZUMBA @ - GF* 9:45 - 60m Larissa	Hot Pilates Burn - HY* 5:00 - 45m Caitlyn Rapid Ride - R* 6:00 - 30m Bri Hot Pilates Power - HY* 8:30 - 45m Alyssa A Legendary Strength - GF* 9:45 - 45m Kimmie	Tough Tread - TA* 5:00 - 45m Bri Hot Yoga Foundation - HY* 5:30 - 60m Joe Hot HIIT - HY* 8:30 - 30m Ashley BodyWeb w/ TRX@ Circuit - GF* 8:30 - 30m Michele Tough20 - GF* 9:00 - 30m Michele Hot Mobility - HY* 9:00 - 30m Ashley ZUMBA @ - GF* 9:45 - 60m Larissa	Rapid Ride - R* 6:00 - 30m Erike Hot Pilates Mat - HY* 8:15 - 45m Michele Belly, Butt, & Thighs Bootcamp - GF* 8:30 - 30m Michelle W Top it Off - GF* 9:00 - 30m Michelle W Hot Yoga Flow - HY* 9:15 - 60m Michele P3 Pilates - GF* 9:30 - 45m Miranda	BodyWeb w/ TRX@ Circuit - GF* 8:00 - 30m Michelle W Hot Athlete - HY* 8:00 - 45m Isa Absolution - GF* 8:30 - 30m Michelle W The Ride: Let the Beat Drop - R* 9:00 - 45m Isa ZUMBA @ - GF* 10:00 - 60m Dawn W	
			Hot Pilates Mat - HY* 12:00 - 45m Ashley				Hot Yoga Fierce - HY* 12:00 - 60m Joe Hot Pilates Power - HY* 1:15 - 45m Isa The Ride - R* 2:15 - 45m Larissa
	Legendary Strength - GF* 5:00 - 45m Julian G Tough Tread - TA* 5:00 - 45m Kimmie The Ride - R* 5:45 - 45m Felix A Hot Pilates Mat - HY* 6:00 - 45m Annette Hot Yoga Flow - HY* 7:00 - 60m Joe	Legendary Strength - GF* 5:00 - 45m Julian G Tough Tread - TA* 5:00 - 45m Kimmie The Ride - R* 5:45 - 45m Felix A Hot Pilates Mat - HY* 6:00 - 45m Annette Hot Yoga Flow - HY* 7:00 - 60m Joe	Hot Yoga Flow - HY* 5:00 - 60m Joe Chisel - GF* 5:00 - 30m Kimmie Absolution - GF* 5:30 - 30m Kimmie The Ride - R* 6:00 - 45m Air Hot Athlete - HY* 6:15 - 45m Kimmie ZUMBA @ - GF* 6:15 - 60m Asante C	Hot Pilates Power - HY* 5:00 - 45m Air Top to Bottom Burnout - GF* 5:00 - 30m Michele Transform it: Cardio - GF* 5:30 - 30m Michele The Ride - R* 5:45 - 45m Felix A Hot MYO@ Asana - HY* 6:00 - 60m Michele ZUMBA @ - GF* 6:15 - 60m Isa	ZUMBA @ - GF* 5:30 - 60m Larissa		



CLASS DESCRIPTIONS

KILLEEN

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

The Trifecta Tough Tread, Ripped Pilates, HIIT The

Bells: Take the dread out of treadmill training in this challenging format where YOU define toughness! Pyramid work segments on the treadmill alternate with segments of heavy upper body dumbbell work off the treadmill to maximize your fitness. Whether you're a walking warrior or an avid runner, time flies by in this fiercely fun cardio and strength blast that reveals your drive and determination!}

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

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® Circuit: This circuit training class uses the TRX® and dedicated CARDIO STATIONS 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!}

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

Hot Athlete: Pour the heat on in this workout designed for the whole athlete. This wicked workout incorporating mobility, strength, amped up cardio, flexibility and core, in conjunction with the therapeutic effects of 100-degrees of infrared heat, creates a total body reset that will make you feel strong, loose, and long.

Bring your own mat, mat towel, and water bottle}

Hot Core: Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.

Bring your own mat, mat towel, and water bottle}

Hot HIIT: Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

Bring your own mat, mat towel, and water bottle}

Hot MYO® Asana: This class harmonizes body and mind through a unique combination of Myofascial Release and Yoga Flow. Designed to decrease stress and tension, this transformative experience also enhances flexibility and mobility. You'll begin with targeted myofascial release using the Myobility® Bar to ease muscle tightness, then transition into soothing yoga poses that stretch and strengthen. Embrace a rejuvenating practice that leaves your entire being feeling balanced, refreshed, and renewed.}

Hot Mobility: Let the heat melt your muscles and rejuvenate your joints in this energetic mobility-based class. Variations on mobility exercises interspersed with segments of progressive muscle release, all in 100-degree infrared heat, will create ease in movement, pain-free.

Bring your own mat, mat towel, and water bottle}

Hot Pilates Burn: Take a stand in this upright fusion-based Hot Pilates workout. Work the breath, balance, body and base with athletic elements that will challenge your body's concentration, precision, control, and flow. A combination of standing and groundwork, this sweaty 45-minute format adds an athletic twist to your practice that will leave you focused, fluid, and fierce}

Hot Pilates Mat: Ignite your core in this full-body Hot Pilates mat workout. Infuse functional fitness with Pilates principles in the infrared heat and fire up your flexibility and mobility while challenging strength and stability. 100-based challenges (reps, breaths, or seconds) in the 100-degree studio bring the heat!

Bring your own mat, mat towel, and water bottle}

Hot Pilates Power: Fight gravity with this powerful twist on Hot Pilates. Adding weighted resistance to your Hot Pilates practice will flip the switch on your core strength, fluidity, and stamina. Activate your powerhouse and break a sweat like never before! Bring your own mat, mat towel, and water bottle.}

Hot Yoga 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, mat towel, and water bottle}

Hot Yoga 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, mat towel, and water bottle}

Hot Yoga 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, mat towel, and water bottle}

Legendary Strength: Push your goals with our nonstop total body strength workout. Set up your strength round using moderate weights, then repeat that superset with heavier dumbbells to grow more legendary with every rep! You'll feel empowered (and a little breathless), so get ready to grow stronger with Crunch!}

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!}

Ripped Pilates: Get ripped with this bad\$\$\$ take on mat Pilates. Not your mama's practice, this format activates the core, builds strength and muscular endurance, and powers through a sweat-inducing energizing flow. You will come away unstoppable}

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.}

Top to Bottom Burnout: Break out the booty bands and dumbbells for a hard-hitting infusion of strength to build your bone density and rock-solid confidence! Band together the bottom half, take it to the top with dumbbells, then burn out the combination for an experience your body will remember for days. Bottoms up!}

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!}

Tough Tread: Take the dread out of treadmill training in this challenging format where YOU define toughness! Pyramid work segments on the treadmill alternate with segments of heavy upper body dumbbell work off the treadmill to maximize your fitness. Whether you're a walking warrior or an avid runner, time flies by in this fiercely fun cardio and strength blast that reveals your drive and determination!}

Tough20: Tough 20 will chisel your core with just 20 moves. This all bodyweight core focused class will produce 6 pack ready results in no time. Start at 20 and count your way down to a tight and toned mid-section.}

Transform it: Cardio: Think cardio is a cardi-NO? Elevate your heart rate and unleash your potential with Transform It: Cardio. This high-energy workout harnesses the power of our adjustable decks to make every session fresh and challenging. Take your endurance training to the next level and supercharge your metabolism with this fiercely fun, transformational workout.}

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.}