



# GROUP FITNESS

# NORTHRIDGE

Week of 10/21/24  
\*GF / Group Fitness R / Ride

	MONDAY, 10/21/24	TUESDAY, 10/22/24	WEDNESDAY, 10/23/24	THURSDAY, 10/24/24	FRIDAY, 10/25/24	SATURDAY, 10/26/24	SUNDAY, 10/27/24
MORNING 	<b>True North: Mandala Flow</b> - GF* 9:00 - 60m Andi	<b>The Ride: Let the Beat Drop</b> - R* 6:00 - 45m Chris <b>P3 Pilates</b> - GF* 9:30 - 30m Nasim R <b>10 in 10: Top</b> - GF* 10:00 - 15m Nasim R <b>True North: Mandala Flow</b> - GF* 11:30 - 60m Jess	<b>ZUMBA @</b> - GF* 8:00 - 60m Frenjelyn C <b>Hatha Flow</b> - GF* 9:00 - 60m Andi	<b>The Ride: HIIT the Road</b> - R* 6:00 - 45m Chris <b>P3 Pilates</b> - GF* 8:30 - 45m Michelle K <b>10 in 10: Top</b> - GF* 9:15 - 15m Michelle K <b>Hatha Flow</b> - GF* 11:30 - 60m Jess	<b>Hatha Flow</b> - GF* 9:00 - 60m Lara D <b>Absolution</b> - GF* 10:15 - 30m Emily G <b>Joint Ventures</b> - GF* 10:45 - 30m Emily G	<b>ZUMBA @</b> - GF* 9:00 - 60m Lida P <b>Chisel</b> - GF* 10:15 - 30m Michelle W <b>Fat Burning Pilates</b> - GF* 10:45 - 30m Michelle W	<b>P3 Pilates</b> - GF* 9:15 - 30m Ramin R <b>Joint Ventures</b> - GF* 9:45 - 30m Ramin R <b>ZUMBA @</b> - GF* 10:30 - 60m Eloisa K
MID-DAY 							
EVENING 	<b>ZUMBA @</b> - GF* 5:30 - 60m Kia R <b>The Ride: Let the Beat Drop</b> - R* 6:00 - 45m Liza K <b>Hatha Flow</b> - GF* 6:30 - 60m Aileen S <b>ZUMBA @</b> - GF* 7:30 - 60m Lida P	<b>B30 Body</b> - GF* 5:30 - 30m Kia R <b>Iron Mat Pilates</b> - GF* 6:00 - 30m Kia R <b>ZUMBA @</b> - GF* 6:30 - 60m Kia R	<b>B30 Body</b> - GF* 5:30 - 45m Kia R <b>ZUMBA @</b> - GF* 6:30 - 60m Kia R	<b>P3 Pilates</b> - GF* 5:30 - 30m Lida P <b>Joint Ventures</b> - GF* 6:00 - 30m Lida P <b>Hatha Flow</b> - GF* 6:30 - 60m Jess <b>ZUMBA @</b> - GF* 7:30 - 60m Jennifer R	<b>ZUMBA @</b> - GF* 6:30 - 60m Frenjelyn C		



# CLASS DESCRIPTIONS

# NORTHRIDGE

10155 Reseda Blvd | 818.435.7545

Open 24/7

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

**10 in 10: Top:** Need an efficient workout targeting just the upper body? Build flex appeal with 10 exercises customized to sculpt shoulders, arms, chest, and back.}

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

**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!}

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

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

**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.}

**Joint Ventures:** Improve mobility and flexibility by increasing your range of motion in Joint Ventures! Untwist your upper body, loosen your lower half, then find your flow incorporating the entire body in this innovative spin on mobility. Work up a sweat while improving stamina, strength, flexibility, and balance, all in one 30-minute feel-good session.}

**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.}

**The Ride: HIIT the Road:** High intensity interval training (HIIT) meets the HITS! Using interval training techniques, this ride blows by as you groove and move to the HITS of each decade. Ride through a musical journey as you burn calories and build up a sweat performing intense interval work efforts.}

**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.}

**True North: Mandala Flow:** Travel your mat and find your true north in this centering, creative 60-minute vinyasa flow. At each directional point, explore strength, balance, core, and breath for a fully-rounded discovery of the self and a sense of balance for both mind and body}

**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.}