



MORNING

MID-DAY

EVENING

	MONDAY, 01/20/25	TUESDAY, 01/21/25	WEDNESDAY, 01/22/25	THURSDAY, 01/23/25	FRIDAY, 01/24/25	SATURDAY, 01/25/25	SUNDAY, 01/26/25
MORNING	<p>*NEW* Weigh Hard Cardio - GF* 7:00 - 30m Louisa P</p> <p>Shredded - GF* 7:30 - 45m Louisa P</p> <p>Pilates Mat - GF* 10:30 - 45m LuAnn J</p>	<p>Chisel - GF* 7:30 - 45m Kristin B</p> <p>Core Strength & Alignment - GF* 8:30 - 60m Kristin B</p>	<p>Core Strength & Alignment - GF* 6:30 - 45m Marissa M</p> <p>B.L.T. Butt, Legs & Thighs - GF* 7:30 - 45m Marissa M</p> <p>ZUMBA@ - GF* 10:30 - 30m Melrey</p> <p>Top Shelf A\$\$ - GF* 11:00 - 30m Melrey</p>	<p>Ab Attack - GF* 7:30 - 45m Marino I</p> <p>Diesel - GF* 8:30 - 45m Eric F</p>	<p>The Athlete's Workout - GF* 7:00 - 45m Brian M</p> <p>Vinyasa Yoga - GF* 8:00 - 45m Monica P</p> <p>*NEW* Weigh Hard Cardio - GF* 10:30 - 30m Grace S</p> <p>*NEW* Powerball Pilates - GF* 11:00 - 30m Grace S</p>	<p>*NEW* Core Yoga - GF* 8:30 - 90m Carrie S</p> <p>TRX@ Diesel - GF* 10:00 - 45m Vladimir B</p> <p>Pilates Mat - GF* 11:00 - 45m Vladimir B</p>	<p>Vinyasa Yoga - GF* 10:00 - 60m Jen N</p> <p>Weigh Hard Cardio - GF* 11:15 - 45m Jen N</p>
MID-DAY	<p>TRX@ Diesel - GF* 12:00 - 45m Eric F</p> <p>Chisel - GF* 1:00 - 45m Eric F</p>	<p>Weigh Hard Cardio - GF* 12:00 - 45m Vanita I</p> <p>Muscle & Hustle - GF* 1:00 - 45m Eric F</p>	<p>*NEW* Diesel - GF* 12:00 - 45m Joanna S</p> <p>Ass & Abs - GF* 1:00 - 30m Joanna S</p>	<p>Chisel - GF* 12:00 - 45m Kamaye S</p> <p>Barre Bootcamp - GF* 1:00 - 45m Kamaye S</p>	<p>Vinyasa Yoga - GF* 12:00 - 60m Michael M</p> <p>MYOBILITY@ - GF* 1:00 - 45m Michael M</p>	<p>MYOBILITY@ - GF* 12:00 - 60m Nora M</p> <p>Chisel - GF* 1:00 - 45m Nora M</p> <p>XPOLE - GF* 3:00 - 60m Sabine D</p>	<p>Ass & Abs - GF* 12:00 - 45m Jen N</p>
EVENING	<p>Bendable Body - GF* 4:00 - 30m Aimee G</p> <p>Barre Bootcamp - GF* 4:30 - 45m Aimee G</p> <p>Chisel - GF* 5:30 - 45m Aimee G</p> <p>Vinyasa Yoga - GF* 6:30 - 60m Carl Ho.</p> <p>XPOLE - GF* 7:45 - 75m Steven C</p>	<p>Shredded - GF* 4:00 - 30m Beth H</p> <p>Pilates Fusion - GF* 4:30 - 45m Beth H</p> <p>TRX@ Circuit - GF* 5:30 - 45m Beth H</p> <p>Vinyasa Yoga - GF* 6:15 - 60m Jill W</p> <p>Burn & Firm Pilates - GF* 7:15 - 45m Jill W</p>	<p>Powerball MAX - GF* 4:00 - 30m Eric F</p> <p>*SPECIAL EVENT* Pole Dancing FUNDamentals - GF* 4:30 - 60m Laura G</p> <p>*SPECIAL EVENT* 7min Group X Sampler - GF* 6:00 - 45m Aimee G</p> <p>Bliss Yoga - GF* 7:00 - 60m Peggy S</p>	<p>Top it Off - GF* 4:00 - 30m James M</p> <p>Core Yoga - GF* 4:30 - 60m James M</p> <p>Diesel - GF* 5:30 - 30m Jen D</p> <p>Ass & Abs - GF* 6:00 - 30m Jen D</p> <p>Vinyasa Yoga - GF* 6:30 - 60m Spring C</p> <p>*NEW* The Athlete's Workout - GF* 7:30 - 45m Kristin B</p>	<p>Cardio Kickboxing - GF* 4:30 - 45m Bishop G</p> <p>Chisel - GF* 5:30 - 45m Bishop G</p> <p>*NEW* Flow Yoga - GF* 6:30 - 60m David T</p>		



CLASS DESCRIPTIONS

UNION SQUARE

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

113 4th Ave | 212.533.0001
Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Saturday: 7:00am - 9:00pm Sunday: 8:00am - 9:00pm

***NEW* Core Yoga:** *NEW* Taught in a traditional flow style with a bit of a twist, this yoga class focuses on using postures to build strength and balance in the back muscles, the abdominals and the glutes. Essentially giving your core, the key to any practice, the fine-tuning it needs.}

***NEW* Diesel:** *NEW* Designed for the athlete looking to take their skills to the next level, this full-body workout features strength intervals paired with cardio bursts, to rev-up your metabolism for maximum caloric burn.}

***NEW* Flow Yoga:** *NEW* A challenging body/mind adventure incorporating asanas, breathing and mindfulness for a complete yoga experience. Sculpt a leaner, stronger body while releasing stress and fatigue.}

***NEW* Powerball Pilates:** *NEW* Fusing the free-flowing resistance movements of the BOSU® Ballast Ball with traditional Pilates mat work, this class will tone, strengthen & increase flexibility & coordination.}

***NEW* The Athlete's Workout:** *NEW* Channel your inner athlete in this intense circuit-style training class designed to improve speed, agility and power. Sculpt your way to that championship!}

***NEW* Weigh Hard Cardio:** *NEW* You'll have your hands full in this non-stop, easy-to-follow class using light weights that you'll never put down.}

***SPECIAL EVENT* 7min Group X Sampler:** Join us for an exhilarating 45-minute workout sampler, featuring five of our most popular classes, each delivered in high-energy 7-minute intervals. Afterward, unwind during our cool-down social hour, complete with refreshments, fostering community and connection.}

***SPECIAL EVENT* Pole Dancing Fundamentals:** Discover the fun and empowering art of pole dancing! This beginner-friendly class teaches basic spins, holds, and transitions while building strength, flexibility, and confidence. No experience needed—just bring your curiosity and get ready to spin! Shorts are recommended.}

Ab Attack: Standing functional core training is combined with floor ab exercises to give you a vigorous core strengthening experience.}

Ass & Abs: Combining exercises to tone and shape the rear (the butt) and the front (the abs).}

B.L.T. Butt, Legs & Thighs: Total focus on the lower body using bands, dumbbells, balls and body bars.}

Barre Bootcamp: Become a lean, mean ballet dancer in this fusion class. Inspired by ballet and strength training, this high intensity barre class targets your arms, core, thighs, and booty to help you create a long, lean dancer's body. Get ready to feel the barre burn.}

Bendable Body: This dynamic flexibility class will increase range of motion and mobility of connective tissue while targeting the hip flexors, hamstrings, neck and back. This restorative class is perfect for over-exercisers or anyone looking to release tension and improve flexibility.}

Bliss Yoga: A dynamic yet gentle style of hatha yoga that emphasizes body awareness and coordinating movement with breath. Take time to stretch tight muscles plus relax... you deserve it!}

Burn & Firm Pilates: Burn and lengthen muscles faster and more efficiently by combining fluid, large muscle, low-impact pilates-inspired standing moves with hand weights and body bars to get your best Pilates body in half the time.}

Cardio Kickboxing: Easy to follow, drill based kickboxing exercises set to music. This class is designed to elevate your heart rate as well as challenge your muscles and mind.}

Chisel: Get ready to pump some iron with this full-body workout that uses weight training techniques and exercises to sculpt & shape major muscle groups.}

Core Strength & Alignment: This intense low impact workout combines elements from disciplines including weight training, pilates, yoga and more to improve your posture and alignment, increase endurance and flexibility and create a balanced overall strength. The best of power Yoga blended with the best of power Pilates.}

Core Yoga: Taught in a traditional flow style with a bit of a twist, this yoga class focuses on using postures to build strength and balance in the back muscles, the abdominals and the glutes. Essentially giving your core, the key to any practice, the fine-tuning it needs.}

Diesel: Designed for the athlete looking to take their skills to the next level, this full-body workout features strength intervals paired with cardio bursts, to rev-up your metabolism for maximum caloric burn.}

MYOBILITY®: Unlock your body's full potential in this wellness-inspired class designed to help you move and feel better by releasing stress and tension. You'll use the Myobility® tools for myofascial release and active stretches paired with core strengthening exercises and breathing techniques to decrease soreness, increase mobility, and create a more aligned and balanced body.}

Muscle & Hustle: First, we "muscle" using heavy dumbbells as your trainer leads you through a series of strength building exercises with a focus on form and proper muscle engagement. Finish your workout with a "hustle" through timed cardio intervals for maximum results.}

Pilates Fusion: Based on traditional Pilates exercises, this class also incorporates athletic training moves to provide a workout that will improve core strength, balance and flexibility.}

Pilates Mat: A series of exercises based on the work of Joseph Pilates to strengthen and lengthen muscles with a focus on the body core.}

Powerball MAX: The fast-paced workout just got a lot more stable. This class incorporates the BOSU® Ballast Ball, a translucent ball filled with weighted material, to provide stability and resistance. The free-flowing movements sculpt a great upper body, tone your lower body, and strengthen your entire abdominal section . . . to the MAX!}

Shredded: For the performance-driven athlete who's not afraid to push past their limits. This metabolic conditioning workout is broken into a series of timed, high-intensity rounds. Each round will feature strength training exercises, cardio drills & core work designed to challenge your endurance, maximize athletic performance & transform your physique.}

TRX® Circuit: This circuit training class uses the TRX® and dumbbells to combine strength, balance and cardio for one kick-butt workout.}

TRX® Diesel: Jump, fly and hang from the durable TRX® Suspension Trainer to push, pull, lift and lower your body through superhero inspired cardio burst and strength intervals that will enhance your power instantaneously.}

The Athlete's Workout: Channel your inner athlete in this intense circuit-style training class designed to improve speed, agility and power. Sculpt your way to that championship!}

Top Shelf A\$\$: Dance your way to the "perfect peach" - Using resistance bands, bodyweight & the hottest trending songs, you'll follow along to fun and simple choreography that seriously fires up those glutes! Heart-pumping cardio & low-impact exercises will have you rocking out that "top shelf booty" in no time!}

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.}

Vinyasa Yoga: Vinyasa means breathing systems. Vinyasa Yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome.}

Weigh Hard Cardio: You'll have your hands full in this non-stop, easy-to-follow class using light weights that you'll never put down.}

XPOLE: This fun and challenging pole fitness class, taught by XPERT Pole Fitness trained instructors, provides you with a safe and fun environment to learn a variety of pole fitness techniques, dance choreography, and combination flows that will increase your upper body and core strength, coordination, flexibility and balance. Learn to push, pull, lift and suspend your body weight while gracefully moving on and off the pole. Pole Fitness is a full body workout. Shorts recommended (no heels required).}

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.}