



HIIT/Small Group Training

SARASOTA UNIVERSITY

Week of 05/26/25
*HZ / HIITZone

	MONDAY, 05/26/25	TUESDAY, 05/27/25	WEDNESDAY, 05/28/25	THURSDAY, 05/29/25	FRIDAY, 05/30/25	SATURDAY, 05/31/25	SUNDAY, 06/01/25
MORNING 	*Special Event* Hero HIIT - The 4 Pack - HZ* 8:00 - 60m Donald	Tough HIIT Out (HIITZone) - HZ* 8:00 - 45m Donald	StrongHIIT (HIITZone) - HZ* 8:00 - 45m Donald	BuildHIIT(HIITZone) - HZ* 8:00 - 45m MARY	Tough HIIT Out (HIITZone) - HZ* 8:00 - 45m Donald	ExtremeHIIT (HIITZone) - HZ* 8:00 - 45m JENNY	TabataHIIT(HIITZone) - HZ* 9:00 - 45m MARY
MID-DAY 							
EVENING 							



CLASS DESCRIPTIONS

SARASOTA UNIVERSITY

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

8440 Lockwood Ridge Rd | 941.355.1908

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

***Special Event* Hero HIIT - The 4 Pack:** Challenge yourself in this no-limits HIITZone workout that tests your mind and body as you grind through a series of 4-pack challenges. Step up to each challenge and knock out the required number of reps before moving onto the next. Begin with half a mile on the treadmill, round out your reps, then finish on the treadmill for the ultimate challenge against time!}

BuildHIIT(HIITZone): The BUILD HIIT class is designed to take your workout and abilities to the next level. It's a progressive workout effort carefully created to improve strength, balance, increased heart rate, lung efficiency and muscle endurance.}

ExtremeHIIT (HIITZone): Get ready to conquer the most extreme workout! This workout will challenge strength, speed, power and agility utilizing a specially designed course featuring the HIIT4 unit and turf. Push yourself to the max as you complete the grueling course along with challenge rounds at every station. Bring your inner warrior to the course and get ready for the ultimate battle!}

StrongHIIT (HIITZone): Strong never looked so good! StrongHIIT features specially designed triple round work efforts that focus on power and strength. Challenge yourself to work harder and be stronger as the rounds progress. Focus on controlled strength based movements that will chisel your body while torching calories.}

TabataHIIT(HIITZone): Whether you want to lose weight, increase strength, build muscle or improve flexibility, TabataHIIT can help you get there. This 6 station 8 round team based class is designed to stimulate your metabolism, improving speed & endurance working on the HIIT 4 unit for 1 round and on the turf for round 2.}

Tough HIIT Out (HIITZone): Tough HIIT Out in this challenging strength-based workout that mixes increasing strength sets with dynamic Tabata bursts to provide a 1-2 punch that will demand determination, will, and ultimate toughness to lift, push and pull your max at each station.}