



HIIT/Small Group Training

BLOOMINGDALE

Week of 04/28/25
*HZ / HIITZone

	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING 	CircHIIT (HIITZone) - HZ* 5:15 - 45m Opal CircHIIT (HIITZone) - HZ* 9:15 - 45m Sanja V	PunchHIIT (HIITZone) - HZ* 9:15 - 45m Cynthia P	TabataHIIT(HIITZone) - HZ* 5:15 - 45m Caitlin M BuildHIIT(HIITZone) - HZ* 9:15 - 45m Cynthia P	StrongHIIT (HIITZone) - HZ* 9:15 - 45m Cynthia P	BuildHIIT(HIITZone) - HZ* 5:15 - 45m Andrea C TripleHIIT (HIITZone) - HZ* 9:15 - 45m Cynthia P	Dropset HIIT (HIITZone) - HZ* 9:15 - 45m Cynthia P	
MID-DAY 							
EVENING 	Superset HIIT (HIITZone) - HZ* 6:15 - 45m Sanja V	AccelerateHIIT (HIITZone) - HZ* 6:30 - 45m Natasha F	StrongHIIT (HIITZone) - HZ* 6:30 - 45m Alexander V	SizzleHIIT(HIITZone) - HZ* 6:30 - 45m Shawn			



CLASS DESCRIPTIONS

BLOOMINGDALE

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

3236 Lithia Pinecrest Rd | 813.381.4106

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

AccelerateHIIT (HIITZone): Channel your inner athlete in this intense training class designed to improve speed, agility and power. Torch calories and push your workout into overdrive in this high intensity drill-based cardio class utilizing the turf and HIIT unit. Get your heart racing and body moving with rounds of interval work followed by brief rest periods. Push your limits and focus on all out cardio efforts in this workout guaranteed leave you dripping in sweat.}

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.}

CircHIIT (HIITZone): Get electrified in this turf-based, circuit training spectacular! Charge the circuit, amplify, then supercharge your efforts with circuit-breaker athletic and reaction drills in between each round for high performance cross-training benefits.}

Dropset HIIT (HIITZone): Plan to fail in this dynamic drop set training strength-based class designed to build strength and maximum muscle in no time! Run the rack for each exercise, then prep for the next station with a core set to strengthen and stabilize your midsection. Set a goal, then grunt, grind and grit your way to your strongest body yet!}

PunchHIIT (HIITZone): Get ready for a fight! This hard hitting workout features fight moves and athletic conditioning inspired by the worlds of mixed martial arts and boxing. Get ready to punch, jump, lift and slam your way to a great workout.}

SizzleHIIT(HIITZone): Step onto the turf for this sizzling hot workout that will leave you drenched in sweat. Turn up the heat in this all turf workout designed to challenge your ability to complete the ultimate burn out challenge. Upper and lower body work efforts mixed with burn out challenges deliver scorching hot results. Turn up the heat this summer.}

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.}

Superset HIIT (HIITZone): Take Strong to the next level! This unique HIITZone class utilizes supersets to challenge your strength, endurance and skill. Superset HIIT is designed to take your strength workout to the next level while incorporating a "super strength" challenge at every station.}

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.}

TripleHIIT (HIITZone): Get ready to tear up the turf with a twist in TripleHIIT! Featuring 9 stations organized within 3 pods each containing 3 exercises, this high intensity workout will be sure to get you fitter than ever! Between each pod, participants will work as a team to complete 3 core-shredding exercises for 3 minutes on the turf. 3 X 3 = Triple the sweat and triple the fun!}