



# HIIT/Small Group Training

SNELLVILLE

Week of 05/05/25  
\*HZ / HIITZone

	MONDAY, 05/05/25	TUESDAY, 05/06/25	WEDNESDAY, 05/07/25	THURSDAY, 05/08/25	FRIDAY, 05/09/25	SATURDAY, 05/10/25	SUNDAY, 05/11/25
MORNING 	<b>StrongHIIT (HIITZone)</b> - HZ* 9:00 - 45m Coach Gus	<b>CircHIIT (HIITZone)</b> - HZ* 5:15 - 45m Anita M <b>TripleHIIT (HIITZone)</b> - HZ* 9:00 - 45m Ariel C	<b>StrongHIIT (HIITZone)</b> - HZ* 9:00 - 45m Coach Gus	<b>Tough HIIT Out (HIITZone)</b> - HZ* 5:15 - 45m Anita M <b>TabataHIIT(HIITZone)</b> - HZ* 9:00 - 45m Ariel C	<b>CircHIIT (HIITZone)</b> - HZ* 9:00 - 45m Lindsay L	<b>CircHIIT (HIITZone)</b> - HZ* 10:00 - 45m Anita M	<b>Tough HIIT Out (HIITZone)</b> - HZ* 9:00 - 45m Anita M
MID-DAY 							
EVENING 	<b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Coach Gus	<b>TripleHIIT (HIITZone)</b> - HZ* 6:30 - 45m Coach April	<b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Alexandra E	<b>CircHIIT (HIITZone)</b> - HZ* 6:30 - 45m Coach April			



# CLASS DESCRIPTIONS

# SNELLVILLE

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

1175 Scenic Hwy South | 470.395.3029

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

**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.}

**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.}

**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!}