



HIIT/Small Group Training

SEMINOLE

Week of 05/05/25
*HZ / HIITZone GF / Group Fitness

	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 	Line HIIT Up(HIITZone) - HZ* 9:15 - 60m Wayne K	Superset HIIT (HIITZone) - HZ* 9:15 - 45m Steven C	CircHIIT (HIITZone) - HZ* 8:45 - 45m Marcela A	BuildHIIT(HIITZone) - HZ* 9:15 - 45m Malyna R	Heavy Metal HIIT (HIITZone) - HZ* 6:00 - 45m Wayne K Heavy Metal HIIT (HIITZone) - HZ* 9:00 - 45m Malyna R	Superset HIIT (HIITZone) - HZ* 9:45 - 45m Malyna R	
MID-DAY 							
EVENING 	Superset HIIT (HIITZone) - HZ* 6:15 - 45m Cameron L	PunchHIIT (HIITZone) - GF* 6:45 - 45m Wayne K		StrongHIIT (HIITZone) - HZ* 5:45 - 45m Cameron L	PunchHIIT (HIITZone) - HZ* 5:30 - 45m Wayne K		



CLASS DESCRIPTIONS

SEMINOLE

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

10781 Park Blvd | 727.289.6174

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

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.}

Heavy Metal HIIT (HIITZone): Bring out the metal! Barbells, kettlebells, dumbbells, and landmines. HIIT it Heavy Metal style as you work through grueling intervals followed by active recovery designed to deliver a workout that will Rock your world.}

Line HIIT Up(HIITZone): Tear it up on the turf! Work speed, agility, power and endurance using unique drills designed to line up results. Designed for all levels, this class pairs participants in teams of four as they work each line of the turf from beginning to end. Each line brings a different challenge.}

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.}

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.}