



# HIIT/Small Group Training

# COUNTRYSIDE

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>AccelerateHIIT (HIITZone)</b> - HZ* 5:30 - 45m Coach KYZE				<b>CircHIIT (HIITZone)</b> - HZ* 9:30 - 45m Kathern N	
MID-DAY 							
EVENING 	<b>BuildHIIT(HIITZone)</b> - HZ* 6:00 - 45m Peter C		<b>ExtremeHIIT (HIITZone)</b> - HZ* 6:00 - 45m Peter C	<b>Superset HIIT (HIITZone)</b> - HZ* 5:30 - 45m Jill M			



# CLASS DESCRIPTIONS

# COUNTRYSIDE

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

2591 State Road 580 | 727.509.3033

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.}

**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!}

**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.}