



# HIIT/Small Group Training

# LAKEWOOD RANCH

Week of 05/12/25  
\*BX / Boxing HZ / HIITZone

	MONDAY, 05/12/25	TUESDAY, 05/13/25	WEDNESDAY, 05/14/25	THURSDAY, 05/15/25	FRIDAY, 05/16/25	SATURDAY, 05/17/25	SUNDAY, 05/18/25
MORNING 	<b>Superset HIIT (HIITZone)</b> - HZ* 8:00 - 45m Debbie <b>Strike Strong</b> - BX* 9:00 - 45m Debbie	<b>StrongHIIT (HIITZone)</b> - HZ* 8:00 - 45m Paige S	<b>Tough HIIT Out (HIITZone)</b> - HZ* 7:00 - 45m Debbie <b>Heavy Hitter</b> - BX* 9:00 - 45m Jade	<b>StrongHIIT (HIITZone)</b> - HZ* 8:00 - 45m Debbie	<b>BuildHIIT(HIITZone)</b> - HZ* 8:00 - 45m Debbie	<b>Superset HIIT (HIITZone)</b> - HZ* 8:00 - 45m Michelle	
MID-DAY 							
EVENING 			<b>Strike Strong</b> - BX* 6:30 - 45m Jade				



# CLASS DESCRIPTIONS

# LAKEWOOD RANCH

8475 Heritage Green Way | 941.714.4810

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

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

**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.}

**Heavy Hitter:** Become a Heavy Hitter and discover your POWER in the next phase of your fitness journey– even outside of the ring– with this vigorous workout designed to build endurance, strength, and stability. Using a variety of resistance training styles and intervals both on and off the heavy bag, this workout is designed to push the limits of upper body and lower body strength and challenge core strength and stability.

\*Participants should bring their own boxing or MMA-style gloves to this class.}

**Strike Strong:** Come out swinging in this boxing workout combining kettlebell strength training with badass boxing moves. This dynamic combination delivers a powerful 1-2 punch, demanding strength, endurance and power. Hit it hard and strike strong in this sizzling mashup.}

**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.}

**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.}