





# HIIT/Small Group Training

ROSWELL

Week of 05/12/25

\*HZ / HIITZone GF / Group Fitness

	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>ExtremeHIIT (HIITZone)</b> - HZ* 5:45 - 45m Jaelyn Q <b>ExtremeHIIT (HIITZone)</b> - HZ* 10:00 - 45m Lauri	<b>TripleHIIT (HIITZone)</b> - HZ* 5:45 - 45m Jaelyn Q <b>SizzleHIIT(HIITZone)</b> - HZ* 8:00 - 45m Paty Q	<b>Tough HIIT Out (HIITZone)</b> - HZ* 5:45 - 45m Jaelyn Q <b>BuildHIIT(HIITZone)</b> - HZ* 10:00 - 45m Lauri	<b>CircHIIT (HIITZone)</b> - GF* 5:45 - 45m Jaelyn Q <b>CircHIIT (HIITZone)</b> - HZ* 8:00 - 45m Paty Q	<b>TripleHIIT (HIITZone)</b> - HZ* 9:00 - 45m Lauri	<b>Dropset HIIT (HIITZone)</b> - HZ* 9:00 - 45m Wyndi	
MID-DAY 							
EVENING 	<b>ExtremeHIIT (HIITZone)</b> - HZ* 6:30 - 45m Wyndi	<b>SizzleHIIT(HIITZone)</b> - HZ* 7:00 - 45m Paty Q	<b>CircHIIT (HIITZone)</b> - HZ* 6:30 - 45m Paty Q	<b>AccelerateHIIT (HIITZone)</b> - HZ* 7:00 - 45m Juan C			



# CLASS DESCRIPTIONS

# ROSWELL

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

625 Holcomb Bridge Road | 470.300.2400

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!}

**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!}

**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.}

**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!}