



HIIT/Small Group Training

CASSELBERRY

Week of 05/26/25
*HZ / HIITZone

	MONDAY, 05/26/25	TUESDAY, 05/27/25	WEDNESDAY, 05/28/25	THURSDAY, 05/29/25	FRIDAY, 05/30/25	SATURDAY, 05/31/25	SUNDAY, 06/01/25
MORNING ☀️	*Special Event* Hero HIIT - The 4 Pack - HZ* 9:00 - 60m Alexander F	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Anthony B	AccelerateHIIT (HIITZone) - HZ* 9:00 - 45m Rachel V	Tough HIIT Out (HIITZone) - HZ* 6:00 - 45m Anthony B	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Joann F	HIIT The Bells (HIITZone) - HZ* 9:00 - 60m Joann F	Tough HIIT Out (HIITZone) - HZ* 9:00 - 45m Tani
MID-DAY ☀️							
EVENING 🌙			Tough HIIT Out (HIITZone) - HZ* 5:45 - 45m Anthony B				



CLASS DESCRIPTIONS

CASSELBERRY

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

1040 S.R. 436 | 407.707.9700

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

***Special Event* Hero HIIT - The 4 Pack:** Challenge yourself in this no-limits HIITZone workout that tests your mind and body as you grind through a series of 4-pack challenges. Step up to each challenge and knock out the required number of reps before moving onto the next. Begin with half a mile on the treadmill, round out your reps, then finish on the treadmill for the ultimate challenge against time!}

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.}

HIIT The Bells (HIITZone): Take it to the turf for this seriously STRONG format that builds metabolism-boosting muscle. Your body will hum when these bells start clanging; grueling rounds of work using kettlebells, dumbbells and barbells deliver ironclad results. Don't just hit these bells; annihilate them!}

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.}