



HIIT/Small Group Training

LAKELAND

Week of 07/28/25

*HZ / HIITZone

	MONDAY, 07/28/25	TUESDAY, 07/29/25	WEDNESDAY, 07/30/25	THURSDAY, 07/31/25	FRIDAY, 08/01/25	SATURDAY, 08/02/25	SUNDAY, 08/03/25
MORNING 	CircHIIT (HIITZone) - HZ* 5:15 - 45m Sandy HIIT The Bells (HIITZone) - HZ* 9:15 - 60m Talisha B			Superset HIIT (HIITZone) - HZ* 5:15 - 45m Sandy CircHIIT (HIITZone) - HZ* 9:15 - 45m Joylene K	BuildHIIT(HIITZone) - HZ* 5:15 - 45m Sandy		
MID-DAY 							
EVENING 	BuildHIIT(HIITZone) - HZ* 6:15 - 45m Talisha B	StrongHIIT (HIITZone) - HZ* 6:15 - 45m Danny	Dropset HIIT (HIITZone) - HZ* 6:15 - 45m Danny	TripleHIIT (HIITZone) - HZ* 6:15 - 45m Cory S			



CLASS DESCRIPTIONS

LAKELAND

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

5218 S Florida Ave | 863.677.9200

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.}

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!}

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!}

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.}

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!}