



HIIT/Small Group Training

LAND O'LAKES

Week of 04/21/25
*HZ / HIITZone BX / Boxing

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING 	StrongHIIT (HIITZone) - HZ* 7:00 - 45m Charles	Strike Strong - BX* 7:00 - 45m Charles StrongHIIT (HIITZone) - HZ* 8:00 - 45m Jennifer D	Superset HIIT (HIITZone) - HZ* 7:00 - 45m Charles AccelerateHIIT (HIITZone) - HZ* 9:00 - 45m Michael C	RippedHIIT (HIITZone) - HZ* 7:00 - 45m Jennifer D	TripleHIIT (HIITZone) - HZ* 7:00 - 45m Charles	SlamHIIT (HIITZone) - HZ* 9:00 - 45m Nanjalee M Fight Camp - BX* 10:00 - 45m Nanjalee M	TripleHIIT (HIITZone) - HZ* 9:00 - 45m Jennifer D
MID-DAY 							
EVENING 	Strike Strong - BX* 6:00 - 45m Michael C StrongHIIT (HIITZone) - HZ* 7:00 - 45m Michael C	RippedHIIT (HIITZone) - HZ* 6:00 - 45m Jennifer D	RippedHIIT (HIITZone) - HZ* 6:00 - 45m Michael C	StrongHIIT (HIITZone) - HZ* 6:30 - 45m Ericka A	RippedHIIT (HIITZone) - HZ* 6:00 - 45m Jennifer D		



CLASS DESCRIPTIONS

LAND O'LAKES

2126 Collier Parkway | 813.491.7003

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

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

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.}

Fight Camp: Want to train like the pros in the ring? Become brilliant at the basics in this workout designed to hone your boxing skills and sharpen your mind. Punch with power on the heavy bag, develop timing and fluidity in combinations, develop your core stability, and train your reaction time. In Fight Camp, you'll walk away feeling like a champ, with strength, endurance, speed, and power to spare!

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

RippedHIIT (HIITZone): Get the pump of your life with this hypertrophy workout. Based on traditional splits of Push, Pull, and Legs, this hardcore class will leave you feeling ripped! Each station focuses on time under tension to increase your muscular strength and endurance, then finishes strong with a mix of isometric drills on the turf. You'll feel the burn for days!}

SlamHIIT (HIITZone): Get ready to SLAM your way through a one of a kind total body workout. Use MAX and MINI work efforts to challenge both your mind and body as you push, pull, drag and slam your way to success. Focusing on strength, power and speed, this unique workout incorporates dedicated slam sets between station work. Designed to push you to the max, SLAMHIIT delivers serious results fast.}

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.}

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!}