



# HIIT/Small Group Training

KENNESAW

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

|             | MONDAY, 05/05/25  | TUESDAY, 05/06/25   | WEDNESDAY, 05/07/25   | THURSDAY, 05/08/25  | FRIDAY, 05/09/25   | SATURDAY, 05/10/25   | SUNDAY, 05/11/25                                      |
|-------------|---|---|---|---|--|--|---|
| MORNING<br> | <b>HIIT The Bells (HIITZone)</b> - HZ*<br>5:30 - 60m Lisa Dallas<br><b>Superset HIIT (HIITZone)</b> - HZ*<br>9:30 - 45m Vincent D | <b>StrongHIIT (HIITZone)</b> - HZ*<br>8:15 - 45m Vincent D  | <b>ExtremeHIIT (HIITZone)</b> - HZ*<br>5:30 - 45m Tara G<br><b>AccelerateHIIT (HIITZone)</b> - HZ*<br>9:45 - 45m Nick "Flash" | <b>StormHIIT(HIITZone)</b> - HZ*<br>8:30 - 60m Nick "Flash"   | <b>Zip HIIT (HIITZone)</b> - HZ*<br>5:30 - 60m Annabelle T<br><b>CircHIIT (HIITZone)</b> - HZ*<br>8:00 - 45m Jessica P | <b>Superset HIIT (HIITZone)</b> - HZ*<br>9:00 - 45m Tara G<br><b>Fight Camp</b> - BX*<br>10:15 - 45m "SWAY" Samone | <b>CircHIIT (HIITZone)</b> - BX*<br>9:45 - 45m Tara M |
| MID-DAY<br> |   |   |   |   |  |  |   |
| EVENING<br> | <b>StrongHIIT (HIITZone)</b> - HZ*<br>6:00 - 45m Dozie  | <b>Fight Camp</b> - BX*<br>5:30 - 45m Troy G<br><b>CircHIIT (HIITZone)</b> - HZ*<br>6:45 - 45m Troy G | <b>AccelerateHIIT (HIITZone)</b> - HZ*<br>6:00 - 45m Troy G   | <b>Superset HIIT (HIITZone)</b> - HZ*<br>5:30 - 45m Sharon A<br><b>Heavy Hitter</b> - BX*<br>6:45 - 45m Vincent D |  |  |   |



# CLASS DESCRIPTIONS

# KENNESAW

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

1200 Ernest W Barrett Parkway | 678.968.1260

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.}

**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.}

**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!}

**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.}

**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!}

**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.}

**StormHIIT(HIITZone):** Enter the eye of the storm in this hardcore HIITZone workout that utilizes thunder and lightening rounds to amp up your workout. Challenge your endurance, strength and will. Each exercise will go through 5 level changes designed to push your limits at each station. Thunder and lightning rounds are used between each station to amp up your core and challenge your speed.}

**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.}

**Zip HIIT (HIITZone):** Get your heart pumping in this fast and furious cardio-based format designed to activate your agility, challenge your endurance and supercharge your speed. Zip through station-based work paired with bodyweight plyometric drills, then sprint through turf drills and core stability challenges designed to make you feel powerful, energized, and lightning fast.}