



HIIT/Small Group Training

CAPE CORAL

Week of 08/11/25

*HZ / HIITZone

MORNING



MID-DAY



EVENING



	MONDAY, 08/11/25	TUESDAY, 08/12/25	WEDNESDAY, 08/13/25	THURSDAY, 08/14/25	FRIDAY, 08/15/25	SATURDAY, 08/16/25	SUNDAY, 08/17/25
	CircHIIT (HIITZone) - HZ* 6:00 - 45m Cyndi SizzleHIIT(HIITZone) - HZ* 8:30 - 45m Christopher O	StrongHIIT (HIITZone) - HZ* 6:00 - 45m Kimmie Superset HIIT (HIITZone) - HZ* 8:30 - 45m Amy S	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Amy S CircHIIT (HIITZone) - HZ* 8:30 - 45m Christopher O	HIIT The Bells (HIITZone) - HZ* 6:00 - 60m Kimmie Tough HIIT Out (HIITZone) - HZ* 8:30 - 45m Brian L	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Amy S BuildHIIT(HIITZone) - HZ* 8:30 - 45m Brian L	StrongHIIT (HIITZone) - HZ* 8:00 - 45m Jamal Superset HIIT (HIITZone) - HZ* 9:30 - 45m Jamal	Dropset HIIT (HIITZone) - HZ* 8:00 - 45m Christopher O Superset HIIT (HIITZone) - HZ* 9:30 - 45m Nate
	Superset HIIT (HIITZone) - HZ* 6:30 - 45m Christopher O	Tough HIIT Out (HIITZone) - HZ* 6:30 - 45m Chrissy	CircHIIT (HIITZone) - HZ* 6:30 - 45m Christopher O	SizzleHIIT(HIITZone) - HZ* 6:30 - 45m Chrissy			



CLASS DESCRIPTIONS

CAPE CORAL

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

244 Nicholas Pkwy W Cape Coral | 239.242.2348

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!}

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.}

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.}

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.}