



HIIT/Small Group Training

GREENACRES

Week of 08/18/25

*HZ / HIITZone

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING 	AccelerateHIIT (HIITZone) - HZ* 8:00 - 45m Creation R	Dropset HIIT (HIITZone) - HZ* 5:30 - 45m Creation R StrongHIIT (HIITZone) - HZ* 6:15 - 45m Creation R	StrongHIIT (HIITZone) - HZ* 5:30 - 45m Renee CircHIIT (HIITZone) - HZ* 8:00 - 45m Creation R	CircHIIT (HIITZone) - HZ* 5:30 - 45m Creation R	Superset HIIT (HIITZone) - HZ* 8:00 - 45m Creation R	PunchHIIT (HIITZone) - HZ* 8:00 - 45m Angel	
MID-DAY 							
EVENING 	StrongHIIT (HIITZone) - HZ* 7:15 - 45m Angel	ExtremeHIIT (HIITZone) - HZ* 7:15 - 45m Lissette R	StrongHIIT (HIITZone) - HZ* 7:15 - 45m Wanda G	PunchHIIT (HIITZone) - HZ* 7:15 - 45m Angel			



CLASS DESCRIPTIONS

GREENACRES

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

6846 Forest Hill Blvd | 561.369.6001

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.}

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!}

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!}

PunchHIIT (HIITZone): Get ready for a fight! This hard hitting workout features fight moves and athletic conditioning inspired by the worlds of mixed martial arts and boxing. Get ready to punch, jump, lift and slam your way to a great workout.}

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.}