



HIIT/Small Group Training

WEST PEMBROKE

Week of 01/13/25
*HZ / HIIT Zone

	MONDAY, 01/13/25	TUESDAY, 01/14/25	WEDNESDAY, 01/15/25	THURSDAY, 01/16/25	FRIDAY, 01/17/25	SATURDAY, 01/18/25	SUNDAY, 01/19/25
MORNING 	Dropset HIIT (HIITZone) - HZ* 8:15 - 45m Jus	Superset HIIT (HIITZone) - HZ* 9:30 - 45m Jus	Tough HIIT Out (HIITZone) - HZ* 5:30 - 45m Shewonda L StrongHIIT (HIITZone) - HZ* 8:15 - 45m Shewonda L		TabataHIIT(HIITZone) - HZ* 8:15 - 45m Jus	PunchHIIT (HIITZone) - HZ* 9:15 - 45m Liliana G	StrongHIIT (HIITZone) - HZ* 8:30 - 45m Shewonda L
MID-DAY 							
EVENING 	Tough HIIT Out (HIITZone) - HZ* 6:15 - 45m Jackie	TripleHIIT (HIITZone) - HZ* 6:15 - 45m Jus		*Special Event* StrongHIIT - HZ* 7:00 - 45m Jus			



CLASS DESCRIPTIONS

WEST PEMBROKE

16024 Pines Blvd | 754.663.0110

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

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

***Special Event* StrongHIIT:** 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.}

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!}

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.}

TabataHIIT(HIITZone): Whether you want to lose weight, increase strength, build muscle or improve flexibility, TabataHIIT can help you get there. This 6 station 8 round team based class is designed to stimulate your metabolism, improving speed & endurance working on the HIIT 4 unit for 1 round and on the turf for round 2.}

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.}

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!}