



HIIT/Small Group Training

PARRISH

Week of 06/16/25
*HZ / HIITZone GF / Group Fitness

	MONDAY, 06/16/25	TUESDAY, 06/17/25	WEDNESDAY, 06/18/25	THURSDAY, 06/19/25	FRIDAY, 06/20/25	SATURDAY, 06/21/25	SUNDAY, 06/22/25
MORNING 	Tough HIIT Out (HIITZone) - HZ* 10:15 - 45m Shawn	StrongHIIT (HIITZone) - HZ* 9:30 - 45m Shawn	TripleHIIT (HIITZone) - HZ* 9:15 - 45m Caryl H	CircHIIT (HIITZone) - HZ* 9:30 - 45m Michelle M	Superset HIIT (HIITZone) - GF* 10:15 - 45m Michelle M	HIIT The Bells (HIITZone) - HZ* 8:15 - 60m Shurlene A	
MID-DAY 							
EVENING 	AccelerateHIIT (HIITZone) - HZ* 6:15 - 45m Saira	CircHIIT (HIITZone) - HZ* 6:30 - 45m Martha E	StrongHIIT (HIITZone) - HZ* 6:30 - 45m Tiffany M	Tough HIIT Out (HIITZone) - GF* 6:15 - 45m Saira			



CLASS DESCRIPTIONS

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

8840 US 301 | 941.258.9310

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.}

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!}

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.}

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!}