




HIIT/Small Group Training

ACWORTH

Week of 06/16/25
*HZ / HIITZone BX / Boxing

	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 	Superset HIIT (HIITZone) - HZ* 5:30 - 45m Lori C Superset HIIT (HIITZone) - HZ* 8:00 - 45m Tara G	CircHIIT (HIITZone) - HZ* 5:30 - 45m Jessica P Heavy Hitter - BX* 9:00 - 45m Linda P	HIIT The Bells (HIITZone) - HZ* 5:30 - 60m Jessica P CircHIIT (HIITZone) - HZ* 8:30 - 45m Connie	BuildHIIT(HIITZone) - HZ* 10:15 - 45m Jamil L	Tough HIIT Out (HIITZone) - HZ* 5:30 - 45m Lori C Strike Strong - BX* 9:00 - 45m Tecla S Dropset HIIT (HIITZone) - HZ* 10:00 - 45m Kay	Heavy Hitter - BX* 9:15 - 45m Mickey HIIT The Bells (HIITZone) - HZ* 10:00 - 60m Joyce J	StrongHIIT (HIITZone) - HZ* 10:00 - 45m Mickey
MID-DAY 							
EVENING 	Heavy Hitter - BX* 6:15 - 45m Mickey	CircHIIT (HIITZone) - HZ* 5:45 - 45m Michelle M Strike Strong - BX* 6:45 - 45m Michelle M	AccelerateHIIT (HIITZone) - HZ* 6:15 - 45m Mickey	Superset HIIT (HIITZone) - HZ* 5:45 - 45m Jessica P			



CLASS DESCRIPTIONS

ACWORTH

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

3335 Cobb Pkwy NW | 770.376.4880

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.}

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!}

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.}

Strike Strong: Come out swinging in this boxing workout combining kettlebell strength training with badass boxing moves. This dynamic combination delivers a powerful 1-2 punch, demanding strength, endurance and power. Hit it hard and strike strong in this sizzling mashup.}

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.}