






HIIT/Small Group Training

LAKE WORTH

Week of 04/28/25
*HZ / HIIT ZONE

	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING 	StrongHIIT (HIITZone) - HZ* 8:00 - 45m Sharnell J	ExtremeHIIT (HIITZone) - HZ* 5:30 - 45m Lissette R	CircHIIT (HIITZone) - HZ* 8:00 - 45m Angie		StrongHIIT (HIITZone) - HZ* 10:00 - 45m Avis B	StrongHIIT (HIITZone) - HZ* 9:00 - 45m Nittaya S Heavy Hitter - HZ* 10:45 - 45m Wanda F	
MID-DAY 							
EVENING 	StrongHIIT (HIITZone) - HZ* 7:15 - 45m Shannon	StrongHIIT (HIITZone) - HZ* 7:15 - 45m Nittaya S	ExtremeHIIT (HIITZone) - HZ* 7:15 - 45m Sharnell J	CircHIIT (HIITZone) - HZ* 5:30 - 45m Angie Heavy Hitter - HZ* 6:30 - 45m Lucas L			



CLASS DESCRIPTIONS

LAKE WORTH

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

4681 Hypoluxo Rd | 561.896.9080

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

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.}

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!}

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.}

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.}