



HIIT/Small Group Training

TUCKER

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 	CircHIIT (HIITZone) - HZ* 5:30 - 45m Anita M StrongHIIT (HIITZone) - HZ* 7:00 - 45m Tawana C	Fight Camp - BX* 5:30 - 45m Anita M Fight Camp - BX* 7:00 - 45m JJ	HIIT The Bells (HIITZone) - HZ* 5:30 - 60m Anita M AccelerateHIIT (HIITZone) - HZ* 7:00 - 45m Tawana C	Strike Strong - BX* 5:30 - 45m Lasha L Heavy Hitter - BX* 8:15 - 45m JJ	ExtremeHIIT (HIITZone) - HZ* 5:30 - 45m Anita M HIIT The Bells (HIITZone) - HZ* 7:00 - 60m Tawana C	AccelerateHIIT (HIITZone) - HZ* 10:15 - 45m Jermaine T Fight Camp - BX* 11:00 - 45m JJ	HIIT The Bells (HIITZone) - HZ* 9:00 - 60m Jermaine T
MID-DAY 							
EVENING 	CircHIIT (HIITZone) - HZ* 6:15 - 45m Coach April	Fight Camp - BX* 6:15 - 45m JJ	ExtremeHIIT (HIITZone) - HZ* 6:15 - 45m Coach April	Heavy Hitter - BX* 6:15 - 45m JJ			



CLASS DESCRIPTIONS

TUCKER

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

4420 Hugh Howell Road | 770.874.8020

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.}

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!}

Fight Camp: Want to train like the pros in the ring? Become brilliant at the basics in this workout designed to hone your boxing skills and sharpen your mind. Punch with power on the heavy bag, develop timing and fluidity in combinations, develop your core stability, and train your reaction time. In Fight Camp, you'll walk away feeling like a champ, with strength, endurance, speed, and power to spare!

*Participants should bring their own boxing or MMA-style gloves to this class.}

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.}