






HIIT/Small Group Training

ARBORETUM

Week of 06/30/25
*HZ / HIITZone B / Boxing

	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING 		Round it Out - B* 8:30 - 45m Sara K BuildHIIT(HIITZone) - HZ* 9:30 - 45m Sara K		Heavy Hitter - B* 8:30 - 45m Sara K TabataHIIT(HIITZone) - HZ* 9:30 - 45m Sara K	*Special Event* Star Spangled HIIT - HZ* 10:00 - 45m Traci H	Dropset HIIT (HIITZone) - HZ* 9:15 - 45m Sara K	
MID-DAY 							
EVENING 	ExtremeHIIT (HIITZone) - HZ* 6:45 - 45m Traci H	Heavy Hitter - B* 6:30 - 45m Anthony H	BuildHIIT(HIITZone) - HZ* 6:45 - 45m Traci H	Strike Strong - B* 6:30 - 45m Anthony H			



CLASS DESCRIPTIONS

ARBORETUM

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

3413 Pineville-Matthews Road | 704.396.8320

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

***Special Event* Star Spangled HIIT:** Create your own kind of fireworks with a celebration of explosive strength in this team-driven special event! Declare your dominance over each station with two minutes of dynamic strength, then head to the turf for a fireworks display of plyometric and reaction-based drills!}

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.}

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!}

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.}

Round it Out: Get ready to rumble in this dynamic station-based boxing circuit workout. Utilizing heavy bags, KNUX, and sandbells, this workout will get you in fighting shape and ready to win the bout. Move through 8 dedicated stations with a combination of longer fight rounds, then repeat at maximum intensity in our signature Knockout Rounds. Wildcard rounds tax the body and mind with rapid-fire Boxmaster combination work, leaving you fit to fight and ready to rumble.

*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.}

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.}