






# HIIT/Small Group Training

STEELE CREEK

Week of 05/05/25  
\*HZ / HIITZone B / Boxing

	MONDAY, 05/05/25	TUESDAY, 05/06/25	WEDNESDAY, 05/07/25	THURSDAY, 05/08/25	FRIDAY, 05/09/25	SATURDAY, 05/10/25	SUNDAY, 05/11/25
MORNING 		<b>Heavy Hitter</b> - B* 6:15 - 45m Anthony H		<b>CircHIIT (HIITZone)</b> - HZ* 5:30 - 45m Quiana C <b>Strike Strong</b> - B* 6:15 - 45m Anthony H		<b>ExtremeHIIT (HIITZone)</b> - HZ* 10:00 - 45m Matt L <b>Strike Strong</b> - B* 11:00 - 45m Matt L	<b>AccelerateHIIT (HIITZone)</b> - HZ* 10:00 - 45m Cam S
MID-DAY 							
EVENING 	<b>StrongHIIT (HIITZone)</b> - HZ* 5:30 - 45m Matt L <b>AccelerateHIIT (HIITZone)</b> - HZ* 6:30 - 45m Matt L	<b>ExtremeHIIT (HIITZone)</b> - HZ* 5:45 - 45m Will F <b>Round it Out</b> - B* 6:45 - 45m Claudia G	<b>CircHIIT (HIITZone)</b> - HZ* 6:30 - 45m Hunter J	<b>AccelerateHIIT (HIITZone)</b> - HZ* 5:45 - 45m Matt L <b>Round it Out</b> - B* 6:45 - 45m Matt L			



# CLASS DESCRIPTIONS

# STEELE CREEK

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

11108 South Tryon Street | 980.252.7170

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!}

**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.}

**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.}