



HIIT/Small Group Training

PORT ST. LUCIE

Week of 02/10/25
*HZ / HIITZone HS / Hot Studio

	MONDAY, 02/10/25	TUESDAY, 02/11/25	WEDNESDAY, 02/12/25	THURSDAY, 02/13/25	FRIDAY, 02/14/25	SATURDAY, 02/15/25	SUNDAY, 02/16/25
MORNING 		StrongHIIT (HIITZone) - HZ* 8:00 - 45m Kylie M	ExtremeHIIT (HIITZone) - HZ* 10:00 - 60m Mosa R	StrongHIIT (HIITZone) - HZ* 8:00 - 45m Kylie M	Fight Camp - HZ* 9:00 - 45m Kylie M	StrongHIIT (HIITZone) - HZ* 8:00 - 45m Patty L	
MID-DAY 							
EVENING 	Heavy Hitter - HZ* 7:15 - 45m Demetrius B	StrongHIIT (HIITZone) - HZ* 7:15 - 45m Kila	PunchHIIT (HIITZone) - HZ* 7:15 - 45m Demetrius B	Fight Camp - HZ* 5:30 - 45m Annie D ExtremeHIIT (HIITZone) - HZ* 7:15 - 45m Kila	ExtremeHIIT (HIITZone) - HS* 5:00 - 45m Yesmina		



CLASS DESCRIPTIONS

PORT ST. LUCIE

10330 S US Highway 1 | 772.275.3901

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

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

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.}

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.}

PunchHIIT (HIITZone): Get ready for a fight! This hard hitting workout features fight moves and athletic conditioning inspired by the worlds of mixed martial arts and boxing. Get ready to punch, jump, lift and slam your way to a great workout.}

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.}