



# HIIT/Small Group Training

JOHNS CREEK

Week of 04/28/25  
\*HZ / Unnamed

	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 	<b>TripleHIIT (HIITZone) - HZ*</b> 8:00 - 45m Terri <b>TripleHIIT (HIITZone) - HZ*</b> 9:00 - 45m Terri	<b>CircHIIT (HIITZone) - HZ*</b> 9:00 - 45m Karen	<b>SizzleHIIT(HIITZone) - HZ*</b> 8:00 - 45m Terri <b>SizzleHIIT(HIITZone) - HZ*</b> 9:00 - 45m Terri	<b>CircHIIT (HIITZone) - HZ*</b> 9:00 - 45m Lauren	<b>Tough HIIT Out (HIITZone) - HZ*</b> 9:00 - 45m Terri	<b>StrongHIIT (HIITZone) - HZ*</b> 9:00 - 45m Joanna <b>StrongHIIT (HIITZone) - HZ*</b> 10:00 - 45m Joanna	
MID-DAY 							
EVENING 	<b>TripleHIIT (HIITZone) - HZ*</b> 6:00 - 45m Terri	<b>CircHIIT (HIITZone) - HZ*</b> 6:00 - 45m Terri	<b>SizzleHIIT(HIITZone) - HZ*</b> 6:00 - 45m Juan C	<b>StrongHIIT (HIITZone) - HZ*</b> 6:00 - 45m Joanna			



# CLASS DESCRIPTIONS

# JOHNS CREEK

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

6000 Medlock Bridge Pkwy | 770.623.0304

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.}

**SizzleHIIT(HIITZone):** Step onto the turf for this sizzling hot workout that will leave you drenched in sweat. Turn up the heat in this all turf workout designed to challenge your ability to complete the ultimate burn out challenge. Upper and lower body work efforts mixed with burn out challenges deliver scorching hot results. Turn up the heat this summer.}

**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.}

**Tough HIIT Out (HIITZone):** Tough HIIT Out in this challenging strength-based workout that mixes increasing strength sets with dynamic Tabata bursts to provide a 1-2 punch that will demand determination, will, and ultimate toughness to lift, push and pull your max at each station.}

**TripleHIIT (HIITZone):** Get ready to tear up the turf with a twist in TripleHIIT! Featuring 9 stations organized within 3 pods each containing 3 exercises, this high intensity workout will be sure to get you fitter than ever! Between each pod, participants will work as a team to complete 3 core-shredding exercises for 3 minutes on the turf. 3 X 3 = Triple the sweat and triple the fun!}