






HIIT/Small Group Training

CLIFTON

Week of 07/14/25

*GF / Group Fitness HZ / HIITZone

	MONDAY, 07/14/25	TUESDAY, 07/15/25	WEDNESDAY, 07/16/25	THURSDAY, 07/17/25	FRIDAY, 07/18/25	SATURDAY, 07/19/25	SUNDAY, 07/20/25
MORNING 				Tough HIIT Out (HIITZone) - HZ* 10:30 - 45m Gibbs F		PunchHIIT (HIITZone) - HZ* 9:30 - 45m Erwin N	SizzleHIIT(HIITZone) - HZ* 8:00 - 45m Elizabeth M
MID-DAY 							
EVENING 	SizzleHIIT(HIITZone) - HZ* 6:45 - 45m Gibbs F	TabataHIIT(HIITZone) - GF* 6:45 - 45m Gibbs F	CircHIIT (HIITZone) - HZ* 6:45 - 45m Betsy	SizzleHIIT(HIITZone) - HZ* 6:45 - 45m Betsy			



CLASS DESCRIPTIONS

CLIFTON

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

895 Paulison Avenue | 973.553.9470

Mon - Fri: 5:00am - 12:00am 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.}

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.}

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.}

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.}

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.}