



HIIT/Small Group Training

CLIFTON

Week of 05/12/25
*HZ / HIITZone GF / Group Fitness

| | MONDAY, 05/12/25 | TUESDAY, 05/13/25 | WEDNESDAY, 05/14/25 | THURSDAY, 05/15/25 | FRIDAY, 05/16/25 | SATURDAY, 05/17/25 | SUNDAY, 05/18/25 |
|-------------|---|--|--|---|------------------|---|--|
| MORNING | | | | | | PunchHIIT (HIITZone) - HZ* 9:30 - 45m Erwin N | CircHIIT (HIITZone) - HZ* 8:00 - 45m Elizabeth M |
| MID-DAY | | | | | | | |
| EVENING | Superset HIIT (HIITZone) - HZ* 6:45 - 45m Gibbs F | CircHIIT (HIITZone) - GF* 6:45 - 45m Gibbs F | RippedHIIT (HIITZone) - HZ* 6:45 - 45m Gibbs F | CircHIIT (HIITZone) - HZ* 6:45 - 45m Angie D. | | | |



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.}

RippedHIIT (HIITZone): Get the pump of your life with this hypertrophy workout. Based on traditional splits of Push, Pull, and Legs, this hardcore class will leave you feeling ripped! Each station focuses on time under tension to increase your muscular strength and endurance, then finishes strong with a mix of isometric drills on the turf. You'll feel the burn for days!}

Superset HIIT (HIITZone): Take Strong to the next level! This unique HIITZone class utilizes supersets to challenge your strength, endurance and skill. Superset HIIT is designed to take your strength workout to the next level while incorporating a "super strength" challenge at every station.}