



# HIIT/Small Group Training

PALATINE

Week of 09/07/26  
\*HZ / HIITZone GF / Group Fitness

|             | MONDAY, 09/07/26 | TUESDAY, 09/08/26                                        | WEDNESDAY, 09/09/26                                                                                              | THURSDAY, 09/10/26 | FRIDAY, 09/11/26                                           | SATURDAY, 09/12/26                                                                                             | SUNDAY, 09/13/26 |
|-------------|------------------|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------|
| MORNING<br> |                  | <b>CircHIIT (HIITZone)</b> - HZ*<br>8:30 - 45m ANNAMARIA | <b>RippedHIIT (HIITZone)</b> - HZ*<br>5:15 - 45m KELLY<br><b>RippedHIIT (HIITZone)</b> - GF*<br>8:30 - 45m KELLY |                    | <b>Strong-er HIIT (HIITZone)</b> - HZ*<br>5:15 - 45m KELLY | <b>ExtremeHIIT (HIITZone)</b> - HZ*<br>8:00 - 45m SAM<br><b>ExtremeHIIT (HIITZone)</b> - HZ*<br>9:00 - 45m SAM |                  |
| MID-DAY<br> |                  |                                                          |                                                                                                                  |                    |                                                            |                                                                                                                |                  |
| EVENING<br> |                  |                                                          | <b>RippedHIIT (HIITZone)</b> - HZ*<br>6:15 - 45m SARAH                                                           |                    |                                                            |                                                                                                                |                  |



# CLASS DESCRIPTIONS PALATINE

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

722 W. Euclid Avenue | 847.686.2750

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 9:00pm 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.}

**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!}

**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!}

**Strong-er HIIT (HIITZone):** Strong never looked so good! This class 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.}