



HIIT/Small Group Training

APPLETON

Week of 09/07/26

*HZ / HIITZone

	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 		The Climb (Small Group Training) - HZ* 9:00 - 60m Becky	Strong-er HIIT (HIITZone) - HZ* 5:00 - 45m Lucas Strong-er HIIT (HIITZone) - HZ* 9:00 - 45m Lesley	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Heather B	HIIT The Bells (HIITZone) - HZ* 5:00 - 60m Heather S	The Climb (Small Group Training) - HZ* 8:30 - 60m Lesley	
MID-DAY 							
EVENING 		Strong-er HIIT (HIITZone) - HZ* 5:30 - 45m Michaela	The Climb (Small Group Training) - HZ* 5:30 - 60m Rob	HIIT The Bells (HIITZone) - HZ* 5:15 - 60m Heather B			



CLASS DESCRIPTIONS

APPLETON

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

2500 South Kensington Dr | 920.750.6199

Mon - Thu: 4:00am - 11:00pm Friday: 4:00am - 8:00pm Sat - Sun: 6:00am - 7:00pm

HIIT The Bells (HIITZone): Take it to the turf for this seriously STRONG format that builds metabolism-boosting muscle. Your body will hum when these bells start clanging; grueling rounds of work using kettlebells, dumbbells and barbells deliver ironclad results. Don't just hit these bells; annihilate them!}

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.}

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.}

The Climb (Small Group Training): Get ready to climb to new heights in this one of a kind cardio challenge. Incorporating the K2(stairs), turf and key stations this workout delivers high intensity training flight by flight. Grueling work efforts are followed by core challenges designed to take your workout to new heights. Chisel your legs and attack your abs as you push through rounds of stair work on the exclusively designed K2 and step up to each challenge in this 60 minute non-stop workout as you race to be the first to the top!}