

HIIT It Hard!

HIIT

High Intensity (oh my what did i get myself into) Interval Training

Thursdays

5:30 pm—6:30 pm

January 4th—February 22nd

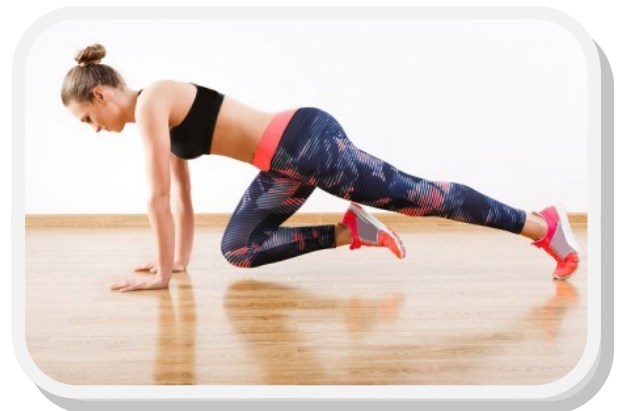
\$55 Members

\$65 Non Members

Join ACE Certified Group Exercise Instructor, **Deanna Strout**, in this 8 week **High Intensity Interval Training** class combining strength training with high intensity cardio designed to strengthen your body, improve your endurance, and get your endorphins flowing to rid your mind of the stressors of your day. ***ALL LEVELS***



Fit and Strong



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