



INSTRUCTOR: JUDY SINICROPI WENTZEL

HIIT CLASS “High Intensity Interval Training”

High Intensity Interval Training (HIIT) has become a popular way to transform the body and has been effective for many people. Modified for all levels of physical fitness, workouts will alternate between intense bursts of activity and fixed periods of less-intense activity or even complete rest.

HIIT is the ideal workout for a busy summer schedule! Classes are 40 minutes in length (10-minute warm-up/cool down and 30-minute HIIT).

WEDNESDAYS, July 12th -August 30th

TIME: 5:30pm START (40-MINUTE CLASS INCLUDING warm-up/cool-down)

FEE: \$40-RESIDENTS and \$45-NON-RESIDENTS

DROP-INS: \$8 PER CLASS

Registration Deadline: July 5th

PAYMENT IS DUE AT TIME OF REGISTRATION

NO REGISTRATIONS WILL BE TAKEN OVER THE PHONE OR IN CLASS. CASH OR CHECK PLEASE

WE DON'T TAKE CREDIT CARDS. THANKS!