

HIGH INTENSITY INTERVAL TRAINING

H I I T

The **BEST** Metabolic Booster Workout!

6 classes - \$60^{+HST}

Drop In: \$12^{+hst}

Wednesdays

5:30 - 6:15 pm

10 January-14 February/18

Maximum class size of 20

Jen Hicks, CPT ASCM, CGFI, HLPF

