

ADVANCED
HIIT | HIGH INTENSITY
INTERVAL
TRAINING

**ARE YOU
READY?**

- High Intensity
- Active Rest
- Adaptive Cardio Training
- Improved Body Composition

This class will improve your bone density, flexibility, muscular endurance and strength, cardiorespiratory system and your quality of life. Don't let the title intimidate you! ALL Fitness levels welcome. Work at your own pace. Find accountability and push from your coach. **Series runs now through the end of the year, last class on December 27th.**

*Sign up at the Front Desk or email Sarahh@hfac.com

Holiday HIIT

Mon & Wed, 7:00 pm with Rich

LAST CHANCE for the Pricing Below!

Registration ends November 29th

Member Rate per Session:

\$120 for 1 class/week

\$240 for 2 class/week

Series runs NOW-December 27th

\$30 Member Drop In, \$35 Non-Member Drop In