



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# **SMALL GROUP TRAINING**

## **HIGH INTENSITY INTERVAL TRAINING**

**BUILD ENDURANCE**  
**BURN CALORIES AND FAT IN A SHORTER PERIOD OF TIME**  
**BOOST METABOLISM**  
**BUILD A HEALTHIER HEART**

**45-MINUTE CLASS TUESDAY/THURSDAY**

**9:00-9:45a or 5:00-5:45p**

**\$100 per monthly session**

**REGISTER TODAY, CLASS SIZE IS LIMITED.**

**LOCATION:FUNCTIONAL FITNESS ROOM**