

# HIIT

HIGH  
INTENSITY  
INTERVAL  
TRAINING

**SWEAT PANT FEEL THE BURN LOSE THE FAT!**

Mondays &

Wednesday

5:15pm-6pm

At the Old Beaufort

Elementary School

Cafeteria

801 Mulberry St.

Classes are \$5

each or 8 for \$30

Certified Instructor:

Connie Lewis

[ccpr.recdesk.com](http://ccpr.recdesk.com)

HIIT class involves timed work/rest intervals. It's based on plyometric-type cardio and strength training. Although it is meant to be high intensity, there will be variations for some of the more intense moves to allow individuals to work at their own pace. Whether you're training to get in shape, stay in shape...or to improve in an event, this class is meant for you. Bring water and a towel. Now offering new music and cues to help you "rev up".

