

# HIIT

HIGH  
INTENSITY  
INTERVAL  
TRAINING

SWEAT PANT FEEL THE BURN LOSE THE FAT!

Mondays &  
Wednesdays

5:15 pm at the  
Old Beaufort  
Elementary  
Cafeteria on  
Mulberry Street

Classes are \$5  
each or 8 for  
\$30

HIIT class involves timed work/rest intervals. It's based around 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. New music and cues to help you "rev up".

**Certified Instructor:**  
**Connie Lewis**

