



When:

Monday-Saturday

9:00 am-9:45am
(Brooke)

12:30 PM- 1:30 pm
(Alex)

5:45 pm-6:30pm
(Kristen)

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Bring:

It is suggested to bring
a water bottle and a
yoga mat.

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HIIT (high- intensity interval training)Class

This class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. You'll be challenged to push your limits and walk out feeling stronger.

Duration:

45 min-1 hour

300-500 calories

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