



# **MONDAYS-6PM**

# **HIGH**

# **INTENSITY**

# **INTERVAL**

# **TRAINING**

High Intensity Interval Training (H.I.I.T.) is any workout that alternates between intense bursts of activity and fixed periods of less intense activity or complete rest.

- H.I.I.T. pushes you to anaerobic zone
- Quicker results
- Never get bored with workout
- Burns calories and fat in shorter period of time
- Better than jogging on treadmill for an hour!

**New Class!**

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**H.I.I.T.**  
**with**  
**JoAnn**

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**No Equipment**  
**Needed**

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**Lose Weight,**  
**Gain Muscle**

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**Burn Calories**  
**and Fat**

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**Build a**  
**Healthier Heart**

**NORTH FAYETTE**  
**COMMUNITY CENTER**

580 Donaldson Road  
Oakdale, PA 15071  
724-307-3725

[www.north-fayette.com](http://www.north-fayette.com)