

# HIIT Class

High Intensity Interval Training

## WHEN:

WEDNESDAYS

## SESSIONS:

Session 1: Jan. 12-Feb. 2

Session 2: Feb. 23-Mar. 16

Session 3: Mar. 23-Apr. 20

\*No class Apr. 6

Session 4: Apr. 27-May 18

## WHERE:

GREEN ISLE PAVILION  
(900 Greene Ave.)

## TIME:

9:15AM-9:45AM

## COST:

\$30 R/\$37 NR

## AGE:

12 years or older



### Join us for socially-distanced HIIT class

Shorter on time for a workout? Join us for a 30-minute express high intensity interval training workout. Don't let the "high intensity" word scare you! "High Intensity" is YOUR high, which might be different from your neighbor. Join us as we aim to move better, get stronger, and be healthier with workouts designed to target the entire body. Every week will host a different look and feel to keep it interesting!

### Class is open to all fitness levels!

This class is scalable for beginner to novice. A personal trainer will be with you guiding and assisting throughout your workout.

### Equipment Needed:

Please bring a mat/towel/blanket for any floor work, fitness clothes/shoes, and water.

These classes will be hosted by Heather Trevarthen, owner of Ellipse Fitness for the past 14 years. As a long-time certified personal and group fitness trainer, she has worked with almost every fitness level, body type, and limitation. She would love to help get you moving well and feeling better!

### Register:

- Online: <https://allouez.recdesk.com/>
- Village of Allouez Offices
  - Business Hours: M-TH: 7AM-4:30PM & FRI 7AM-11AM



### For more information:

**WEB:** <http://allouez.recdesk.com/>

**Phone:** (920)448-2804

**E-mail:** [matt.hahn@villageofallouezwi.gov](mailto:matt.hahn@villageofallouezwi.gov)