

Fall HIIT Class

High Intensity Interval Training

WHEN:

WEDNESDAYS

SESSIONS:

Session 1: September 7-28

Session 2: October 5-26

Session 3: November 2-23

Session 4: Nov. 30-Dec 21

WHERE:

GREEN ISLE PAVILION
(900 Greene Ave.)

TIME:

9:15AM-9:45AM

COST:

\$30 R/\$37 NR

AGE:

12 years or older

CLASSES TAUGHT



Join us for HIIT (High Intensity Interval Training) 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: recreation@villageofallouezwi.gov