

POWER FIT HIIT

High Intensity Interval Training

With Shiri Briseno

**BUILD MUSCLE, BURN FAT,
& ENHANCE CARDIOVASCULAR HEALTH**

**POWER FIT HIIT
EXERCISES INCLUDE**

Burpees

Squats

Lunges

Jumping Jacks

Experience how challenging moves, for short periods of time with rest in between, builds strength, endurance, and muscle definition and keeps your body torching calories long after you leave the gym.

*Join Shiri for this 55 minute class...
get in, get out, get on with your day!*

Begins January 3, 2019

Tuesday and Thursday

6AM



**THE CLUB AT
PRESCOTT LAKES**