

VARIABLE INTENSITY INTERVAL TRAINING

VIIT360



TUESDAYS | APRIL 7 - JUNE 9
\$11.00 Members & \$13.50 non-members

Instructed by Andrea Kahn

8:15- 9:00am

VIIT 360 Ages 15-up

Variable Intensity Interval Training (VIIT) is an energetic 45 minute class designed to increase core strength, balance, power and agility. Using the Step 360, class participants are guided through a variety of exercises and are given low to high intensity options throughout the class, allowing participants to individualize their class experience. (*Medicine balls, ropes, bands, sand bags and weights etc. may also be used during class*)

Registration Required & Opens 30 Days Before Each Class
Meets on the Basketball Court | 24 Hr Cancellation Policy

CORE STRENGTH | BALANCE | POWER | AGILITY

