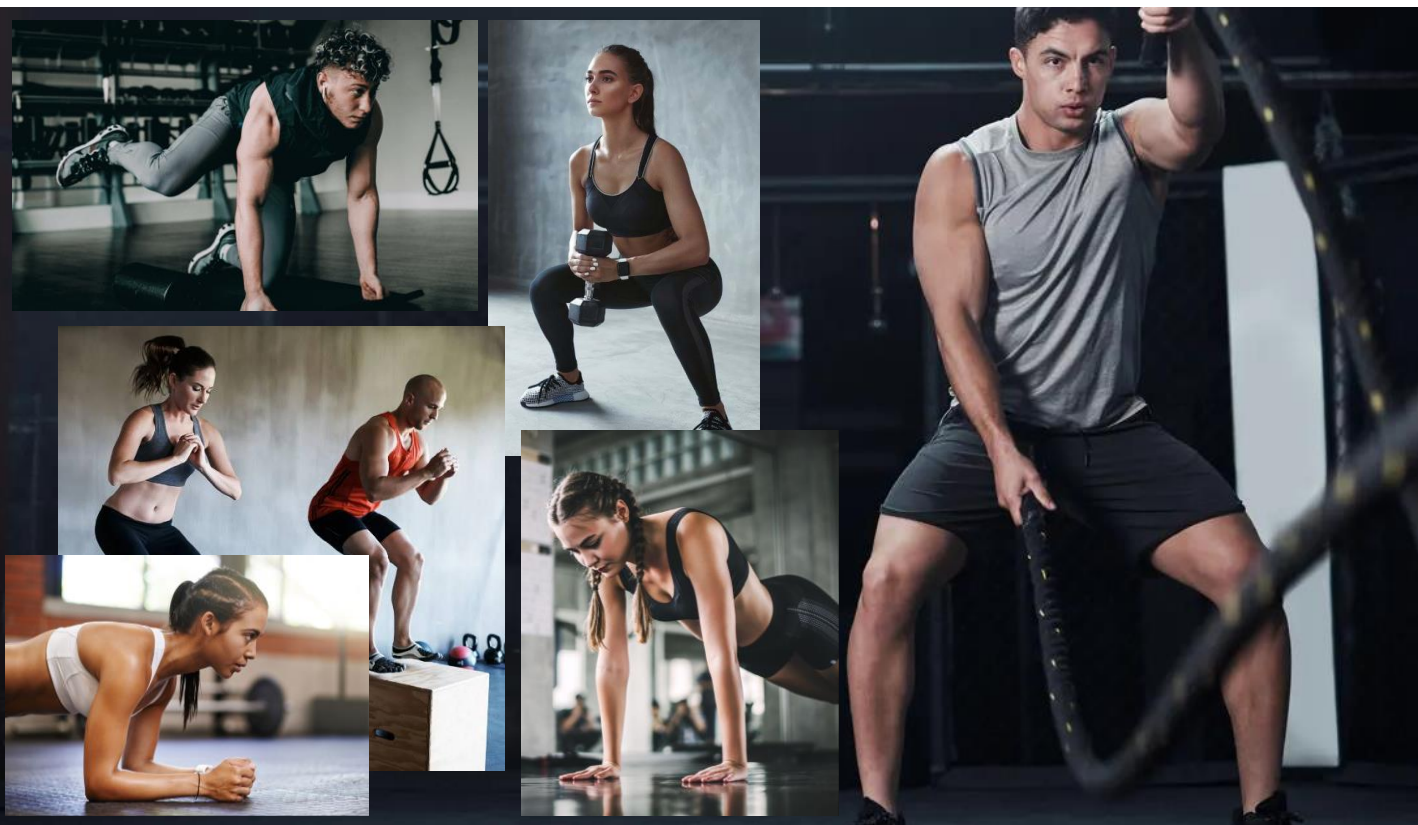


HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.)

High Intensity Interval Training (HIIT) is considered a complete workout that combines both aerobic and strength (resistance) training. It involves short bursts of intense exercise alternated with short recovery periods. It takes your cardio workout to another level, as you push your pace out of your comfort zone. If you aim to lose weight, build muscle, and boost your metabolism - then this training program is for you. Sign up now to meet your fitness goals.



Day : Every Monday
(min 4 participants to run a class)

Time : 5:30pm – 6:30pm

Fee : \$150 per hour

Age : 16 years and above

Venue : Functional Training Studio 2/F

Instructor : Fiona Merrill
(To book your session, contact Fiona on 6339 8006)



To sign up, scan the QR code or call the Fitness Centre on 2657 8292 for enquiries.