

# DEMAND it.

## HIGH INTENSITY INTERVAL TRAINING CLASS

This is a 5 week class with a short, high intensity circuit designed for push, not pace.

Classes meet Mondays and Fridays,  
Beginning January 10<sup>th</sup> and ending on  
February 11<sup>th</sup>

AM classes meet from 9:15-10

PM classes meet from 6:30-7:15

Once the classes start, enrollment is closed. No drop in's and no turning back!

Member rate: \$59 + tax

Non member rate: \$99 + tax

SKILL, ENDURANCE,  
CONDITIONING,  
STRENGTH

DON'T WORK FOR YOUR  
FITNESS, DEMAND IT!

INSTRUCTOR: DEB WILL



H I G H L I N E  
A T H L E T I C C L U B