

## H.I.I.T.

Our H.I.I.T. classes will bring you a combination of all of our classes to bring you a total body workout in a high-intensity atmosphere. Give us 100% of what you can bring to class in this interval-based class to help transform your body in a safe and effective way. All pieces of our equipment will be utilized to provide you the total body experience in these classes. Results will vary but may include:

- Total body transformation.
- Injury recovery and prevention.
- Reduced joint inflammation and arthritis.
- Long and Lean muscles.
- Improved posture.
- Relief of chronic & acute back pain.
- Relief of neck & shoulder tension.
- Improved awareness & overall wellbeing.
- Fat loss.
- Improved joint mechanics.
- Increased flexibility.
- Improved muscle performance and tone.
- Reduced stress.
- AND MORE!

