

Youth HIIT



Youth HIIT is designed to get youth ages 10-14 moving while having fun and getting fit. Each class is taught by an All Sport Personal Trainer. High Intensity Interval Training (HIIT) is designed to keep the heart rate up during short breaks of strength exercises.

Day of Week: Tuesdays	Dates:	11/30
Participants: Ages 10-14	11/2	12/7
Time: 5:00–5:45PM	11/9	12/14
	11/16	12/21
	11/23	

Members: \$20 • Non Members: \$30
Price per class

Call or visit the Front Desk to register: #845.896.5678

Questions? Contact us : info@allsporthealthandfitness.com

ALL SPORT
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www.allsporthealthandfitness.com
#845-896-5678 • 17 Old Main Street, Fishkill, NY