

FIRED UP!

6 Week High Intensity Interval Training Class

July 17-August 25



- * **12 high intensity interval classes**
- * **Improve aerobic/anaerobic capacity**
- * **Reduce body fat**
- * **Improve movement quality**
- * **Reduce Injury Risk**
- * **Non-members welcome!**

Perfect training for your favorite summer road races!

Join Fenton Fitness and Athletic Center for this challenging class sure to boost your metabolism!

Class Times: Tuesdays and Thursdays at 6:30 p.m.

Cost: \$99 members/\$180 non-members

Non-members welcome! Invite your friends!

GET MID-SUMMER FIT WITH HIIT!

Superior Training, Expert Programming, Unprecedented Results

404 Rounds Drive
Fenton, MI 48430



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