



High Intensity Interval Training (HIIT)

Experience HIIT: a popular workout for all levels, mixing periods of rest with activity.

High Intensity Interval Training (HIIT)

Monday, November 24

12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

