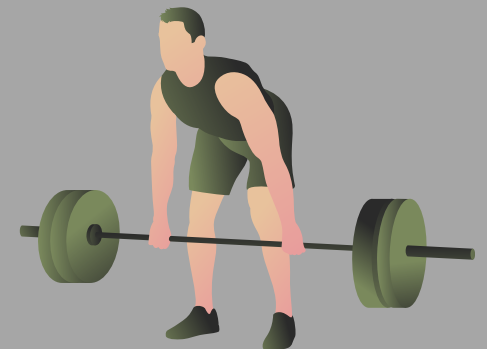


NORWALK H.I.I.T.



HIGH INTENSITY INTERVAL TRAINING

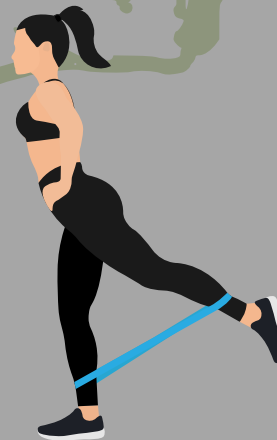
INTERMEDIATE/ADVANCED CLASSES CONSISTING OF BOTH EXPLOSIVE FULL BODY AND MUSCLE GROUP-SPECIFIC WORKOUTS. NO PRE-REGISTRATION REQUIRED.

INSTRUCTOR → ERVY RODRIGUEZ

SEPTEMBER 12-DECEMBER 14
MONDAY & WEDNESDAY
6-7 P.M.

Norwalk Arts & Sports Complex (13000 Clarkdale Ave.)

FREE MUST HAVE AN ACTIVE AGE 18+
NASC FACILITY MEMBERSHIP



DATES AND TIMES MAY BE SUBJECT TO CHANGE

For more information, please call
(562) 929-5566

SEPTEMBER

MONDAY

12: Full Body Cardio
19: Upper Body Weights
26: Fast/Slow/Hold

WEDNESDAY

14: Cardio Abs
21: Lower Body Weights
28: Sports Cardio

OCTOBER

MONDAY

3: Pure Cardio
10: Cable Band Workout
17: Full Body Cardio
24: Lower Body H.I.I.T.

WEDNESDAY

12: Gym Workout
19: H.I.I.T. Stations
26: Fitness Test

NOVEMBER

MONDAY

7: Upper Body Weights
14: Cardio Abs
21: Fast/Slow/Hold
28: Cable Band Workout

WEDNESDAY

9: Lower Body Weights
16: H.I.I.T. Stations
23: Sports Cardio
30: Gym Workout

DECEMBER

MONDAY

5: Pure Cardio
12: Upper Body H.I.I.T.

WEDNESDAY

7: H.I.I.T. Stations
14: Fitness Test

NO CLASS

OCTOBER 5, 31 & NOVEMBER 2