

# HIIT XTREME



*Instructed by Personal Trainer, Jose Barrera, HIIT Xtreme is a total body, heart pumping, aerobic and strength conditioning workout. This interval-training based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind.*

## Days

**Tuesdays & Thursdays  
Jan 8 - Feb 28, 2019**

## Times

**5:30 p.m. - 6:00 p.m.  
or**

**6:05 p.m. - 6:35 p.m.**

## Location

**Auditorium &  
Performance Area**

**Fee: \$70 per person or  
\$130 for both classes**

**Minimum of 5 registered  
participants by January 10  
or class will be cancelled**

**Endurance  
Speed  
Strength  
Cardio  
Better you**

**West Side Recreation & Park District  
500 Cascade Place, Bldg D, Taft  
763-4246 765-6677**

