

Discover the benefits
of H.I.I.T

H.I.I.T is a total body exercise program. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. Since the intensity is relative to your fitness level H.I.I.T is a great workout for anyone from a seasoned athlete to someone just starting to exercise.

*Join us for this fun and
uplifting experience!*

Mountainside Recreation Department

1385 Route 22 East
Mountainside, NJ 07092

www.mountainside-nj.com

(908) 232-0015

H.I.I.T
High Intensity
Interval Training



*Discover
the
benefits!*

H.I.I.T
November/December2016

Name _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

Circle Choice Below

Wednesday
Resident \$69
Non Res. \$77

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give my permission to be photographed, and for the photographs to be used in Recreation Department materials.

Signature of Participant

Amount enclosed \$ _____

Nov/Dec 2016

H.I.I.T
November/December 2016

DATES

Wednesday
November 2, 16, 23, 30
December 7, 14, 21, 28

INSTRUCTOR

Terry Gleason (ACSM Certified & FiTour Group Certified)

PLACE

Mountainside Borough Hall
Community Room (2nd Floor). Classes may take place outside when weather permitting.

TIME

Wednesday
5:45-6:45pm

FEES

Wednesday
\$69 Resident
\$77 Non- Resident



H.I.I.T training has been shown to improve:
aerobic and anaerobic fitness
blood pressure
cardiovascular health
insulin sensitivity
cholesterol profiles
abdominal fat and body weight

WHAT TO WEAR

Comfortable work out clothes and dance or cross training sneakers

WHAT TO BRING

Bring a water bottle, exercise mat and positive attitude!

DECORUM

H.I.I.T is meant to be fun!
Feel free to let loose!

PRE-REGISTRATION IS REQUIRED!
ENROLLMENT IS LIMITED!

Please return registration form with a check payable to the **Mountainside Recreation Department** to:

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

Any questions? Call (908) 232-0015 or visit www.mountainside-nj.com