

After School H.I.I.T. for Middle School (High Intensity Interval Training)

Join us, after school, for a high energy strength and cardio workout that will enhance endurance and coordination.

High Intensity Interval Training is a training technique in which you give all out 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up.

Each participant sets their own limits and goals and tries to achieve personal progress. This will be done in a safe and supportive manner.

We will be meeting in the fitness room at Nativity where there are cardio machines as well as light weights. We will also implement exercises using our own body weight. (i.e. burpees, squats, lunges, push ups etc.)

Most importantly, we will have fun doing this with lively music and incentives to keep us moving.

Everyone is required to bring a water bottle. Please come dressed to sweat!

February session dates are: February 7, 14, 21 and 28. Each class will run 45 minutes from 2:45-3:30. **We are limiting the first session to 12 students.**

Cost is \$40 dollars for February Session. Checks can be made payable to Tascha Bartsh. Classes will be taught by Tascha Bartsh and Brittany Runyon. For questions please contact Tascha at neielle@yahoo.com.

Name: _____

Emergency Contact: _____

Email: _____

Grade: ___ Homeroom: _____

Allergies: _____