



**NEW!**

# **L.I.I.T FITNESS CLASS**

**STARTING AUGUST 19<sup>TH</sup> - TUESDAY'S FROM 8:15AM-9:15AM**

**INSTRUCTOR TERRY**

**L.I.I.T -(Low-Intensity Interval Training) workout class combines moderate exercise bursts with rest periods, enhancing cardiovascular health, strength, and flexibility. This format offers an effective, low-impact fitness routine.**