

go **HIIT** High Intensity Interval Training

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval **training** (SIT), is a form of interval **training**, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. **HIIT** is a form of cardiovascular exercise.

Williams Lake Indian Band Recreation Department

Where: Elizabeth Grouse Gymnasium

When: Monday's and Wednesday's 5:00-6:00pm

Price: Free to community members

Non-community member \$2.00 Drop-in fee

Program will run for 8 weeks: January 9 to March 1 2017

If you have any questions please contact Trinity Sure

1-250-296-3507 ex: 111 or trinity.sure@williamslakeband.ca

