

The NJAC HIIT TEAM Group Training Schedule

Effective 9/1/16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		HIIT Mix		HIIT Mix		
9:00 AM	HIIT Strength		HITT Strength			
9:30 AM		Boxing Training	HIIT Strength	Boxing Training		HIIT Strength
10:30 AM						HIIT Cardio
12:00 PM						
5:30 PM					Boxing Training	
6:00 PM	HIIT Cardio	HIIT Strength	HIIT Cardio	HIIT Strength		
6:30 PM						
7:00 PM	Boxing Training		Boxing Training			

Maximum 12 participants per session, may sign up one day in advance at front desk

DESCRIPTION

HIIT TEAM Group Training is High Intensity Interval Training in a group. The intensity level is completely adaptable to **ALL** fitness levels by adjusting resistance level (weight), time, and/or number of repetitions.

The **HIIT TEAM** training sessions will follow the **HIIT** model so that the training will be highly efficient to build strength while working at a high training threshold so that the participants will also be gaining a great cardiovascular benefit at the same time.

All training sessions will include exercises to work a variety of body parts and will be planned so that it will be a full body training program. All participants benefit from the encouraging and supportive atmosphere of **TEAM** training while being closely monitored by highly credentialed Trainers using the most innovative methods.

HIIT Strength training sessions will focus mainly on strength training using kettlebells, barbells and plates. **HIIT Cardio** sessions will focus more on cardio calisthenics, plyometric exercises, and agility work. **HIIT Mix** is a combination of strength and cardio training. **Boxing Training** sessions will be boxing training with an emphasis on cardiovascular fitness.

EFFICIENT AND AFFORDABLE TRAINING FOR EVERYONE!