

Spring Tabata Bootcamp HiIT (High Intensity Interval Training)

Work on endurance cardio and strength training during 20 second intervals followed by periods of rest. Appropriate for all fitness levels, modifications are incorporated for every exercise. All you need is a mat and water bottle. Mondays and Wednesdays 2:30 -3:15 in the Career TEC gymnasium. (\$135 with 40% reimbursement) Dates are:

Feb 26, 28,

March 5,7,12,14,19,21,26,28

April 2,4,9,11

Liit (Low impact low intensity interval training)

is a 30 minute, beginner class for those who are new to exercise, and would like to incorporate movement, light cardio and strength training using your own body weight. It's easy on the joints, as we modify each exercise working at your own pace. Come get Liit!

Wednesdays at 3:15 in the Career TEC gym in West Springfield. All you need is a mat and water bottle. \$40.00 (with 40% reimbursement through scantic valley)

March 7, 14, 21, 28,

Register by February 14th by contacting Lyn Fioravanti
lyn.fioravanti@eastlongmeadowma.org