

Fighter HIIT

Learn Power Boxing Moves, Bodyweight Exercises and Strength Movements to shred body fat and build lean muscle mass

October 17th - November 23rd (6 weeks)

Tuesday and Thursday 7-8am

**Location: The Sports Barn
95 Drakeside Road
Hampton, NH**

**\$160 register by October 13th, 2017
\$180 if you register after October 14th, 2017**

Email: shannbamfitness@gmail.com to register today!



High Intensity Interval Training is your solution to develop speed, gain strength, become more explosive, and cut your training time in half

Benefits of training at a higher intensity 2x per week:

- Increased Energy and Performance
- Decreased Body Fat % by building Muscle Definition
- Confidence to Dominate your Sport

Registration closes by midnight October 17th, 2017