



# High Intensity Interval Training

**MONDAY THRU THURSDAY**

This training is based on explosive movements, endurance and development of core, upper and lower-body muscles. It will be held outdoors at Sterling Elementary on Mondays & Wednesdays from 4:30-5:30p and Tuesdays & Thursdays from 5:00-6:00p., weather permitting. Otherwise it may be indoors at Central Elementary in the lobby area.

Any questions and to confirm workouts, contact Instructor Michelle Koin @ 989-239-3087.

