

# HIIT FITNESS CLASSES

Start off the new year on the right foot and join our HIIT fitness class this January! This indoor program will incorporate a combination of body weight strengthening exercises and cardio. Exercises like jump squats, planks, push-ups, and burpees should be expected. The purpose of this class is to increase strength, endurance and overall fitness while having fun!

**January 12th thru March 2nd**  
**Wednesdays - 6:30 AM to 7:30 AM**

**Radnor Activity Center - 125 S. Wayne Avenue, Wayne**

**Full 8 weeks: \$160 Residents**

**\$195 Non-Residents**

**Drop in Rate: \$25 Residents**

**\$55 Non-Residents**

**Register today at [www.radnorrecreation.com](http://www.radnorrecreation.com)**

## **Important Health & Safety Protocols.**

**Do not attend if you are feeling symptomatic or if you or someone in your household has had an exposure to COVID-19 or has COVID-19. If you or someone in your household is exposed to or tests positive for COVID-19 please contact our department immediately at 610-688-5600.**



In the event of unforeseen situations such as those imposed by inclement weather or health and safety issues, cancellations may occur. We will make every effort to reschedule when possible.