

HIIT FITNESS CLASSES

Get outside and enjoy the benefits of exercising in the outdoors!

This season's 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!

Wednesdays, April 20 to June 8

9:30 to 10:30 AM

Clem Macrone Park, 810 Conestoga Road, Bryn Mawr

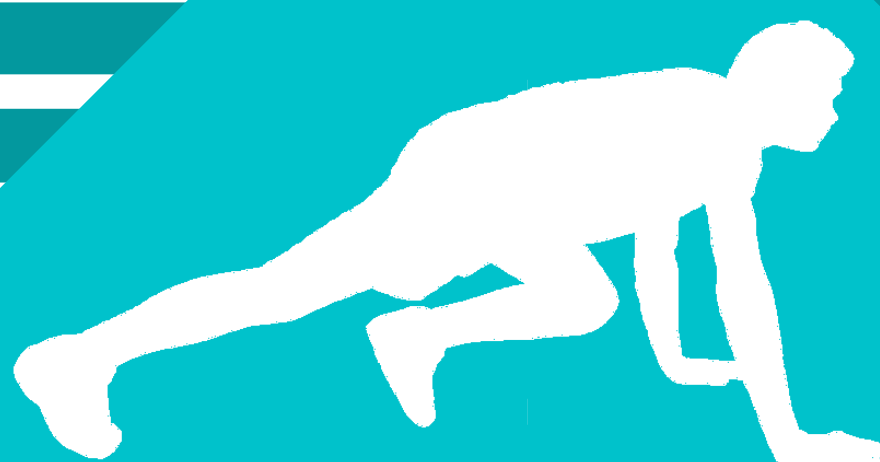
**Full 8 weeks: \$160 Residents
\$190 Non-Residents**

**Drop in Rate: \$25 Residents
\$30 Non-Residents**

Register today at 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.