



# GROUP FITNESS

# HIIT



# TRAINING

## Wednesdays

**(morning) 6:30 AM-7:15 AM**

**(evening) 5:00 PM -5:45PM**

## @ Apedag Ki:

**HIGH-INTENSITY INTERVAL TRAINING.**  
alternates between high and low-intensity exercises

### What are the benefits of HIIT?

HIIT training has been shown to improve:

- aerobic and anaerobic fitness
- blood pressure
- cardiovascular health
- insulin sensitivity (which helps the exercising

muscles more readily use glucose for fuel to  
make energy

- cholesterol profiles
- abdominal fat and body weight while maintaining muscle mass.

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