

# OCTOBER 15TH- DECEMBER 21ST

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

**GETS YOU FITTER FASTER!**

LES MILLS  
**GRIT**



In this **30 minute** small group, coach lead workout  
You will train using a barbell, a bench and your own body weight!

**UNLIMITED**

**CLASSES**

**ONLY**

**\$99**

## ***-WHY HIIT TRAINING?***

- BURNS MORE CALORIES WHILE YOU'RE WORKING OUT.
- It keeps burning cals, even after you stop working out.
- You can tailor your training to your fitness level.
- Keeps your blood sugar in check.
- It can lower your blood pressure.
- Burns more fat in less time

## ***Schedule:***

***Sun.- 9:30am Mon.- 4:30pm Wed.- 10:15am Thur.- 6:30pm Fri.- 6am***

*From week to week, you can pick and choose which class(es) works for you.*

*\*No class 10.28, 11.22 & 11.23*

Drop in classes are \$15 for  
members and guests.



@ForeCourtRI

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