



SPRING HIIT CHALLENGE



30-Day Challenge

4/1/23—4/30/23



**Get In Shape Fast With High
Intensity Interval Training**

**Don't let the description "HIIT" keep you
from these amazing workouts!**

**You will have a safe and fun experience
as you work at YOUR pace!**

1. No sign-up or purchase required
2. For every SPRINT or GRIT class you participate in during the SPRING HIIT CHALLENGE, you get a ticket for a prize-pack drawing (1 prize-pack for SPRINT, 1 prize-pack for GRIT)
3. If this is your first time trying SPRINT or GRIT, you get 2 tickets
Bring a friend (new to SPRINT or GRIT) get 2 tickets
4. ACSM recommends HIIT training for fast fitness & health benefits

LES MILLS
sprint

LES MILLS
GRIT™