



LITTLE FERRY
RECREATION

ADULT
HIIT
FITNESS

High Intensity Interval Training

WEDNESDAY 7:00 pm - 8:00 PM
18+ years old

8 Week Class

Sept: 16, 23, 30 - Oct: 7, 14, 21, 28 - Nov: 4

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- All fitness levels welcome
 - Bodyweight cardio endurance
 - Modifications for beginners
 - Fun motivating workouts

REGISTER HERE

<https://registercommunitypass.net/littleferry>

Registration closes September 11

Limited spots available
\$95 for 8 weeks

All class will be at the Little Ferry Community Center
14 Garden St Little Ferry