



H.I.I.T

HIGH INTENSITY INTERVAL TRAINING

Saturdays
September 6 - October 25
Time: 9:00AM - 10:00AM

Get ready to push your limits with our brand-new HIIT workout program led by expert trainer Rose Taboada! This high-energy class is designed to burn fat, build strength, and boost endurance — all in a fast-paced, motivating environment. Throughout the course, you'll be training for our ultimate finale: a burpee challenge that will test your progress and power!

REGISTRATION BEGINS

RESIDENTS:

JULY 21

NON-RESIDENT:

AUGUST 4

FEE

RESIDENT: \$96.00

NON RESIDENT: \$136.00

8 WEEKS = 8 CLASSES

DROP IN FEE

RESIDENT: \$15

NON RESIDENT: \$23

*Registration and Classes will be held at the Surfside Community Center (9301 Collins Avenue).

Proof of residency is required at the time of registration.

Changes/cancellations are subject to administrative fees.

For more information please call (305) 866 - 3635
Website: www.townofsurfsidefl.gov

