

Looking for a fun way to get fit?

Join **HIT Fitness Classes** at the Royal Distributing Athletic Performance Centre!

HIT Fitness Classes are 50 minute workouts that focus on strengthening your entire body head to toe while keeping up your heart rate to get in that daily dose of cardio. Low-impact options provided in every class.

Available Sessions

Wednesday nights- 6-6:50pm, 7-7:50pm, or 8-8:50pm

OR

Saturday mornings- 9-9:50am, 10-10:50am, or 11-11:50am



Classes run weekly for a 10 week program. Wednesday session runs from March 2nd to May 4th. Saturday session runs February 26th to May 7th (no class April 9th). New sessions at the Royal Distributing Athletic Performance Centre starting in May! Different days and times slots will be available.

10-week session is \$120 or **pay as you go** at \$12/session. To save your spot contact Sarah Duffield at (519)856-1187 or e-mail at sarduff@alumni.yorku.ca

Participants are asked to bring their own pair of dumbbells. Weights should be 3-5lbs unless avid fitness participant, in which case 8lbs are more appropriate. Also encouraged to bring yoga mat.

Can't come every week? Pay per class!

Purchasing a session package

You choose a session package that suits your schedule so that you're not locked into every class, every week. How this works is you purchase ahead the number of classes you want to complete. For example, each class is \$12 so if you want to sign up for 5 sessions you'd pay \$60 and you could use those sessions at the times that work best for you. If you can't fit these classes into the current 10-week block then they carry on the next block. Session packages do not expire for up to a year since your first class. Once your session package is purchased all you have to do is e-mail Sarah Duffield prior to the class you want to book- this ensures classes don't get overcrowded. This is a much more flexible option to fitness classes and gives you much more control over your schedule. This way you can also mix and match between the different days and times offered based on what works for you best.