



Beginners' HIIT

Tuesdays 6:00-6:45pm



STORM PT

High intensity interval training (HIIT) is a great way to kickstart your fitness journey.

This beginners program will focus on specific targets such as upper body, abs and lower body while working your cardiovascular system.

Each session will run for 45 minutes, which includes a number of exercises that you will rotate through as well as a light warm up and cool down.

Location: Garamanuk Park, 25 Damabila Drive, Lyons
(next to Lyons Community Centre)

Cost: \$5 per session

No bookings required!

Contact: Storm PT - Ruby via 0451 019 117 or

stormptnt@gmail.com

*Suitable
for all
fitness
levels!*

*BYO mat,
towel &
water
bottle*

