

BODY BLAST HIIT



HIGH INTENSITY INTERVAL TRAINING

WHERE

OAK TREE CENTRE

LIGHTMOOR VILLAGE, TELFORD, TF4 3EG.

WHEN

EVERY FRIDAY

AT 6.30PM

**For more information call:
Oak Tree Centre on 01952 567417
Or Steve on 07971 787103**

Benefits of HIIT

**More oxygen rich
blood is pumped
through your body**

**It boosts your
metabolism**

**Your cardiovascular
system becomes
stronger**

**Your muscles will
more efficiently use
the oxygen rich
blood**

**Your heart rate is
constantly changing
which burns tons of
calories in a short
period of time**

**All this ensures that
you burn fat whilst
increasing your
metabolic rate,
toning your muscles
and have FUN!**