

Heart Pumping Interval Training

Are your cardio workouts getting boring?

Don't let your body get used to the same thing day in and day out--break through the plateau with interval training!

Try our integrated treadmill and elliptical interval workout program. Interval training will shock your body to a new level of fitness! It burns more calories than steady-state treadmill workouts by varying speeds and inclines, and also improves your recovery rates.

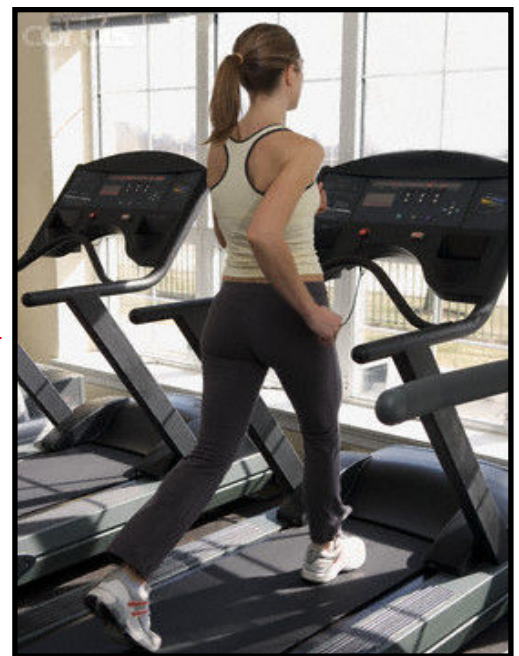
Cost: \$30 Members, \$45 Non-Members

Day: Thursday Mornings

Dates: February 4, 11, 18 & 25th

Time: 7:15-8:00 a.m.

Register By: Monday, February 1st in the Fifth Street Fitness Center located on street level



If you have any questions, please contact Amy Feder of Christine Jablonski at 612.313.7403 or email at afeder@advantagehealth.com or cjablonski@advnatagehealth.com