

# HITFIT

## FITNESS

### High Intensity Interval Training

- > Vigorous and rewarding way to pack exercise into your busy day
- > Suitable for all fitness levels
- > Individual coaching within a welcoming community atmosphere

**9a Mon-Wed** ✨ **Cardio**

**9a Tue-Thu** ✨ **Circuit**

**9:30a Sunday** ✨ **Kickboxing**



**2 MONTH  
INTRO PACKAGE  
\$100**

**Contact us to arrange a free trial class!**

1220 W. Belmont Ave., Chicago, IL 60657  
[www.thousandwaves.org](http://www.thousandwaves.org) ✨ 773-472-7663

## ★ **Mon | Wed: HIIT It Cardio**

**HIIT It Cardio** provides a non-stop work out that will push your whole body to the limit. Each exercise is presented with options regarding level of difficulty, allowing you to maximize results without injury. The program will help you build endurance, shred fat, and get your body going better than a double shot of espresso.

## ★ **Tue | Thu: HIIT It Circuit**

**HIIT It Circuit** features a variety of stations focusing on specific muscle groups to develop explosive muscular strength and endurance. It will increase your level of functional fitness while offering a variety of training activities to prevent boredom.

## ★ **Sunday: HIIT It Kickboxing**

**HIIT It Kickboxing** is an energetic blend of punching and kicking in a high intensity interval format. Working with heavy bags and target pads in this empowering workout inspired by martial arts, you'll be thrilled with your ability to generate both upper and lower body power. Footwork drills and work with partners will enhance your agility and sharpen your reflexes.



**Alan Miller**, 3rd degree black belt and veteran US Marine, has been training in Seido Karate at Thousand Waves for more than 20 years, and has been teaching adults and children for 12 years. His experience with some of the most intense military training in the world allows him to push you through the hardest parts of your workout, while never losing sight of your individual needs.

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**FREE TRIAL CLASS**