



HIIT Fitness Class

Length: 30min; 45min; 1hr

Delivery modes: Onsite & Virtual Sessions; Pre-recorded tutorials.

Details: A high intensity workout to keep energy levels boosted.

High-Intensity Interval Training (or HIIT as it's commonly known) provides an effective way to burn a high number of calories in a short space of time. It involves short bursts of high intensity activity, interspersed with short recovery periods. The benefits of a class include:

- Cardiovascular Health Boost
- Improves Musculoskeletal Health
- Boosts Cognitive Performance
- Builds Stamina & Discipline
- Provides Stress Relief
- Energy Boost

Connect with WORKBLIS to discuss requirements - hi@workblis.com