

# Life Lifting Class

## What is it?

- HIIT style timing
- Use of weight machines and dumbbells
- Focuses on reps vs. max weight
- Split classes - Upper Body / Lower Body

## When is it and how long is the class?

- Monday, Wednesday, and Friday mornings from 5:30 to 6:15 am
- 45 min. Classes
- Format is usually 45/15 or 40/20 HIIT style

## Why come?

- You get a complete upper or lower body workout that will leave you knowing you worked out for the day.
- You will meet your new friends
- You will feel better about yourself

YOU WILL HAVE FUN!!