



High Intensity Interval Training (HIIT) YOGA for everyone



The low

Class will start with impact and increase in

in-

tensity based on class feedback. Workouts stressing the entire body, following the free video guidance of a well known instructor. Designed to accommodate individuals of all skill levels and abilities.

- When—Tuesdays and Thursdays at 4:30—5:30 starting October 11th. 20-30 min working toward 40-60 min workouts.
- Where—Bldg. 24, MOVE Room
- Eligibility— Limited to the 12 Employees, first come, first serve and a waiting list. *Participation is voluntary and at your own risk of non-work related injury. It is recommended that you contact your Medical Provider before beginning new physical activity or increasing intensity of your activity.*
- Enroll—Contact Richard “Rick” Emler
- What to wear - workout clothes you can move in.
- What to bring—Yoga Mat , a small towel, water bottle. Consider bringing extra clothes, towel for your car.



Employee Whole Health