

# H.I.I.T. It Hard:



## Get Leaner in less time with High Intensity Interval Training

Join us as Greg Maschal, Olympic Center Operations Manager and veteran of 10 marathons, discusses how you can improve your fitness and maximize fat loss by incorporating interval training into your exercise program. Whether you are a seasoned athlete or a beginning exerciser, interval training can work for you.

Date: Thursday, February 23  
Location: Education Room across from the gym  
Time: 5:30 p.m.  
Cost: FREE

Please call 903-596-3233 to register.

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