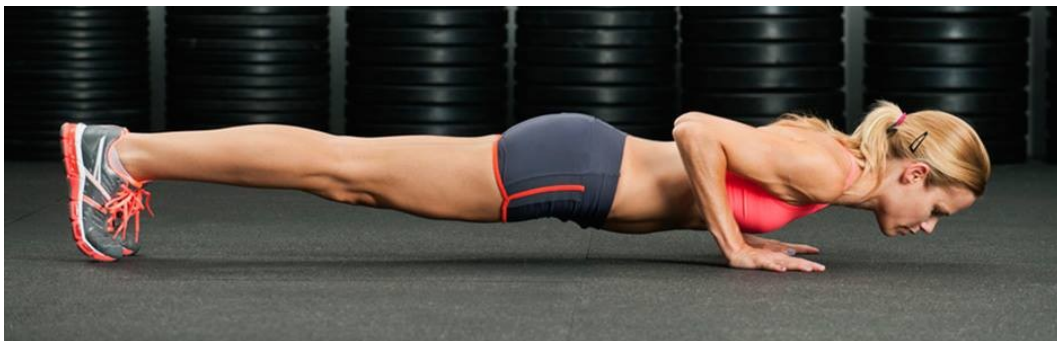


# HiIT

## Women's High Intensity Interval Training

Designed by our exercise physiologist this program is intended to make you work hard but limit the chance of injury. It will still suit a variety of starting fitness levels as we can vary the workout accordingly, but it is expected that you have a base level of activity.

High intensity interval training uses a variety of body weight and resistance exercises working at a certain tempo designed to give you both a strength and cardio workout. Your body may not like how it feels at the start but over the weeks it will begin to like the results.



**WEDNESDAYS. 5.45 PM**

Casual \$20 per class;

5 classes = \$80, 10 classes = \$150

Sessions are lead by Exercise Physiologists or Physiotherapists.

Health fund rebates may apply.

More specific enquiries direct to [jane@fusionphysiotherapy.com.au](mailto:jane@fusionphysiotherapy.com.au)



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