



Hot HIIT Pilates

HOT
YOGA
with Harry

High Intensity Interval Training or 'HIIT' class using Pilates principals

- This new Hot HIIT Pilates class is imported from the US and is a challenging full body, but low impact class. Prepare to get leaner and stronger, all without the pounding of a high impact workout.
- The 1 hour class is designed for ALL fitness levels, beginners are welcome!
- Expect visible results after just a few classes. The fun yet challenging sessions feel like it's over in the blink of an eye, but you'll know you have done something amazing for your body & mind and will soon feel muscles developing and your body toning beautifully!
- Hot HIIT Pilates firms your abs, tightens your glutes and carves out your waistline; high intensity but low impact on the joints.
- This exciting 60 minute class is held at c.30 degrees. Hot enough to limber not to hot to hinder! Expect to burn 600-1000 calories in one session.
- This class is excellent at developing the core and achieving optimum fitness and is done to a motivating, energetic music soundtrack designed to lift you to new levels!

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