



VALLEY
ATHLETICS
 TENNIS • TURF SPORTS • FITNESS

Core & Cardio Fusion



Who: Anyone with a good fitness base, who is ready to do High Intensity Interval Training (HIIT)

Where:
 Valley Athletics –Training Room,
 Warrior Area & Synrgy 360
 920-560-0001

Sessions (8 weeks):

Mon. Jan. 8	9:45-10:15am
Mon. Jan. 15	9:45-10:15am
Mon. Jan. 22	9:45-10:15am
Mon. Jan. 29	9:45-10:15am
Mon. Feb. 5	9:45-10:15am
Mon. Feb. 12	9:45-10:15am
Mon. Feb. 19	9:45-10:15am
Mon. Feb. 26	9:45-10:15am

Cost: \$60.00

Minimum of 3 participants for session to run.

Register at the front desk of Valley Athletics. Registration deadline is January 2.

Information & Contact:
 Jake Lyman
 jake.valleyathletics@gmail.com

Most exercises require a strong core to be truly effective, however the main problem is “what is your core?” In the simplest definition, looking at the human body, neglecting the arms and legs, that’s your core.

These 30-minute sessions are designed to focus heavily on the core with an added burst and blend of cardio. The goal of this class is to educate and execute core exercises with HIIT (High-intensity interval training), in addition to proper technique, form and fundamentals.

All participants will be tested before and after 8 weeks for tracking/progress results. The test includes:

- 1) Plank hold time
- 2) ½ Mile run time

All participants will get a free #Valleyathlete t-shirt as well!

Registration Form

 First Name Last Name Date of Birth (/ /) () - Phone Email

 Address City State Zip Code

Program Title: _____

Payment required at time of registration.

Method of Payment (Circle One): Cash Check Master Card Visa Member Account **Amount Paid or Charged to Member Account \$** _____

 Credit Card # CVV Exp.

WAIVER

I understand that acceptance of my registration is without assumption of responsibility of any kind by employees of Valley Athletics. In consideration of the acceptance of my registration, I do forever release and discharge the foregoing form any and all claims for damages; losses or injuries that I may suffer in connection with Valley Athletics, including those, which arise out of ordinary negligence.

 SIGNATURE DATE