



DIAMOND
FAMILY FITNESS CENTER 
at the

TWO FEBRUARY

LES MILLS GRIT SPECIALS

FOR NEW PARTICIPANTS ONLY

February Specials

- \$20 for unlimited classes in February – (total savings \$20)
- Sign-up for the GRIT monthly contract (minimum 3-month commitment) and get the entire month of February for FREE – (total savings \$40)

Offer only valid for NEW GRIT participants. Payments can be made to the GRIT instructor or the Front Desk.



THE HIIT PRESCRIPTION

HIIT - WHAT IS IT?

Short, intense bursts of effort followed by periods of recovery. It's the intervals that allow you to keep reaching your max effort training zone.



High-Intensity Interval Training

WHY SHOULD I DO IT?



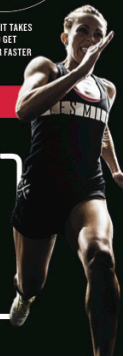
Burn calories for hours after your workout

WHAT'S THE DOSAGE?

Recommended on top of some base fitness and alongside other moderate-intensity resistance and cardio training.

REPLACE AN HOUR A WEEK OF YOUR NORMAL TRAINING ROUTINE WITH 1-2 HIIT SESSIONS.

Caution: awesome results will follow



GO HARD GET RESULTS

LES MILLS
GRIT

WEEKLY SCHEDULE

Sunday	8:00am – GRIT
Monday	6:00am – GRIT Cardio 5:45pm – GRIT Cardio
Wednesday	6:00am – GRIT Strength 6:30pm – GRIT Strength
Thursday	5:25pm – GRIT Plyo
Friday	6:00am – GRIT Plyo

GROUP
EXERCISE