

HiitFIT:30[®]

A N Y T I M E

Only at Shenandoah Powerhouse Gym

We make it easy...

for you to GET FIT ANY TIME. On your schedule, at your convenience, take on a fun, full-body HIIT workout led by a Certified Personal Trainer!

ABOUT HIITFIT ANYTIME



Every fast-paced 30-minute workout is scientifically programmed to maximize output and accelerate results.



HIIT sessions change continually and challenge you with movements ranging from barbell squats, track laps, and power cleans to kettle bell swings, bag kicks, and cycling.



When your HiitFIT workout is done, clean up and get on your way in a snap with our personal showers and full-service locker rooms.

WHAT'S IN IT FOR YOU



CLASS IS ALWAYS IN
Get fit on YOUR schedule. Your HiitFIT workout begins when you enter the door!



A TRAINER WITH EVERY WORKOUT
A Certified Personal Trainer will motivate and guide you, ensuring safety, proper form, and a killer 30-minute workout.



NEVER A DULL WORKOUT
Every workout is different. Your HiitFIT Trainer will challenge you physically and mentally to be your best.



MAX RESULTS. MINIMUM TIME
In just 30 minutes you'll experience a fun, full-body workout and torch up to 400 calories.



STAY ON TRACK
Optional monthly progress updates, including nutrition counseling and body composition analysis, give you extra accountability and motivation.

**FAST, FUN,
and DONE
IN 30 MIN!**



HOURS OF HiitFIT 30

MON	TUES	WED	THU	FRI	SAT
5:30am-7:30am	5:30am-7:30am	5:30am-7:30am	5:30am-7:30am	5:30am-7:30am	10:00am-1:00pm
9:00am-1:00pm	9:00am-1:00pm	9:00am-1:00pm	9:00am-1:00pm	9:00am-1:00pm	
3:30pm-6:00pm	3:30pm-6:00pm	3:30pm-6:00pm	3:30pm-6:00pm	3:30pm-6:00pm	
7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm		

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