

WEDNESDAYS AT 5PM!

INTERVAL TRAINING WORKOUT

**Join us for a quick, efficient workout
in a fun and supportive atmosphere!**

***45 SECONDS OF EXERCISE*, 15
SECONDS OF REST FOR A TOTAL
30 MINUTE WORKOUT***

**Join in person at our
Connection Center (911
Parsons Ave) or virtually
with the link on
heal4allpeople.org**

***Modifications of exercises
will be available**