

MADISON HEALTHPLEX PERFORMANCE TRAINING CENTER



You don't have to gain weight over the holidays! Instead, celebrate the season with us torching calories, building lean muscle, and losing fat. Give yourself or someone else the gift of HEALTH this holiday season!

6 Week Holiday Hiit

NOVEMBER 12TH - DECEMBER 21ST

Monday | Tuesday | Thursday | Friday

5:00 AM 6:00 AM

9:00 AM (women's only)

Monday - Thursday 6:00 PM (beginner class)

Holiday Hiit Price: Pay before October 31st M: \$75 NM: \$100 | Regular price after October M: \$100 NM: \$125

FOR MORE INFO:

Kristin Slay

601.856.7757

kslay@healthplexperformance.com

