



STRENGTH INTERVALS

A COMBINATION OF STRENGTH TRAINING AND CARDIO. STRENGTH INTERVALS IS A CIRCUIT-BASED CLASS THAT HITS ALL MAJOR MUSCLE GROUPS WITH CARDIO BREAKS IN-BETWEEN SETS. THIS CLASS IS FRIENDLY TO ALL LEVELS OF EXPERIENCE AND IT SURE TO GET YOUR HEART PUMPING AND YOUR MUSCLES BURNING.

Tuesdays 11:10 - 11:40 am - Meghan

UNT HSC FITNESS CENTER