



Hilbert H.I.I.T Club

High Intensity Interval Training

When and Where

We will meet every Monday and Wednesday from 3:00 - 3:45 in the **north gym**, beginning Monday, September 17. Students must leave the building right after we finish working out, so please make sure a ride is arranged. Students will not be permitted to stay in the building beyond this time. See Mrs. Toppa in room 213 or Mr. Kauffman in room 111 with questions. You may also contact us through email at krafchs@redfordu.k12.mi.us and kauffmj@redfordu.k12.mi.us

Equipment

Please bring the following to ensure a safe and comfortable work out:

- ◇ Water bottle. You **MUST** be hydrated!
- ◇ Comfortable workout clothes (gym clothes), and proper shoes. This is high impact, so shoes with thick soles (gym shoes) are required. We will follow the dress code that is followed in gym class.
- ◇ Music to work out to and earbuds/headphones.

Please understand that this club is intended for students and staff who are serious about getting healthy and working out. Students who have behavior issues will be asked to leave the workout, and go home. Students who are chronic behavior issues will be asked to leave the club permanently. We are focusing on FUN FITNESS, not socializing!