



# HIIT CLASS!

(High-Intensity Interval Training)

**WITH PERSONAL FITNESS TRAINER**

**Michaela Niesen, Commit to be Fit**

Virtual classes on Fridays  
at 9:00 AM! Open to  
students, faculty, & staff!

- January 28
- February 4 & 18
- March 4 & 18
- April 1, 15, & 29
- May 6 & 13

**JOIN ON ZOOM:**

895 0378 2178

**LEARN MORE AT:**

[valleycollege.presence.io](http://valleycollege.presence.io)

