

[www.thefitnessroomreigate.co.uk](http://www.thefitnessroomreigate.co.uk)

**H.I.I.T (High Intensity Interval Training)  
HAS COME TO REIGATE PRIORY PARK**



**CAUTION!**

**THIS CLASS CAN SERIOUSLY INCREASE YOUR  
METABOLISM, BURN BODY FAT & IMPROVE  
OVERALL FITNESS, ALL IN JUST 40 MINUTES!!**

**MEET POINT BY THE CAFÉ NEAR THE BIKE STAND**

- **THURSDAYS 10.40AM-11.20AM – H.I.I.T**
- **SATURDAYS 8.20AM-9.00AM – H.I.I.T**

**GENERAL FITNESS CLASSES** (mix of h.i.i.t, circuits and running)

- **MONDAYS 9.15AM-10.15AM, Colman Redland Centre**
- **WEDNESDAYS 9.10AM-10.00AM – Reigate Priory Park**

**Contact Helen Delaney on 07961 335881 or  
email [enquiries@thefitnessroomreigate.co.uk](mailto:enquiries@thefitnessroomreigate.co.uk)**

**INSANITY**

**INSTRUCTOR**