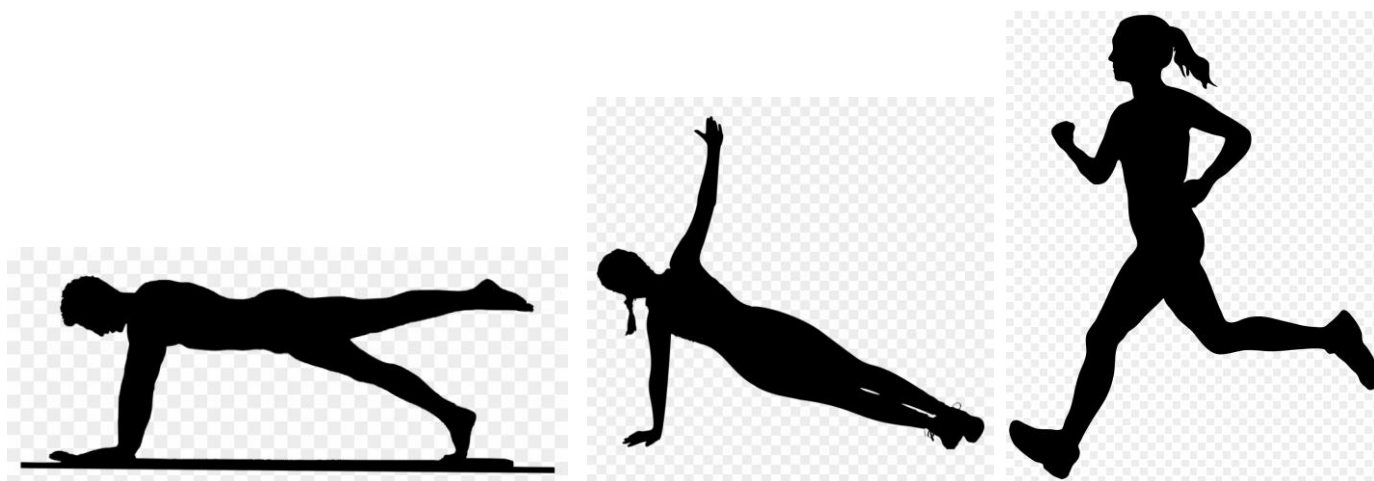


*The ETFO-YR Social Committee presents an opportunity to participate in a
Virtual High Intensity Interval Training (HIIT)
****Beginner and Intermediate skill levels*****



Dates: May 10th, May 17th, May 24th, 2022

Time: 4:30pm

Location: Virtual – Zoom link will be provided upon selection

Cost: Free

Registration: Fill out the following survey monkey link (https://www.surveymonkey.com/r/2022_HIIT) no later than April 20th, 2022 at 3:00pm

Items recommended: Comfortable clothing, hydration and a towel

***** 90 spots available**

*** Spots will be determined in accordance with the ETFO-YR Fair Distribution Policy ***