

Frontier School Division Presents:

**HIIT WORKOUT WITH COACH
RJ FROM FITCLUB**



No Equipment Needed

ALL PE TEACHERS AND STUDENTS ARE INVITED TO JOIN
Thursdays 1:00-1:30pm
November 12th - December 17th
Classes will be virtual using zoom
Zoom link will be sent out the day before

You will need:

A Water Bottle

Runners

Comfortable Clothing