

# Interval Training

**Monday, Wednesday**

**8:30am - 9:30am**

**Pay as you go \$5 (in class only)  
(zoom, N/C-donations appreciated)**

**Instructor: Judy McWhirter**

**705-657-8833**

**[buckhorncommunitycentre@gmail.com](mailto:buckhorncommunitycentre@gmail.com)**

This class is great for all fitness levels and combines strength training and cardio for a total body workout. The class involves a variety of exercises using dumbbells, bands and your body's own resistance to help increase muscular endurance and strength. The quick movement between exercises combined with cardio helps to keep your heart rate elevated throughout the workout, burning calories the entire time. The best part is that this class is designed for each participant to work at their own pace in a controlled supervised environment.

