

Saint Philip Community Development Corporation

Spirit Fitness: *ON THE MOVE!*

Mondays	Wednesdays	Saturdays
<i>STRETCH</i> it Out!	SIT and HIIT! SIT (Settled Intensity Training) HIIT (High Intensity Interval Training)	CTB CORRECTIVE TRAINING for the BODY
6:30 p.m. - 7:30 p.m.	6 p.m. - 7 p.m.	9 a.m. - 10 a.m.
Personal Fitness Coach Leslie Smith	Personal Fitness Coach Jamael Brimlett	Personal Fitness Coach Thomas Washington

These classes are designed for:

- For the Whole Community
- All ages
- All Fitness levels
- All FREE

STRETCH It Out!

- Exercise that lengthens muscles, increases flexibility and range of motion
- Decreases risk of injury or helps recover from injury
- Movements can be performed on the floor on a mat or seated in a chair
- Household items can easily substitute for exercise equipment

Zoom Meeting

<https://us02web.zoom.us/j/83381595607?pwd=L2szTy9jSXJkUmswRWUyaWRhSk9NUT09>

Meeting ID: 833 8159 5607

Passcode: SPcdc

SIT and HIIT!

- Level 1 is SIT
 - Low intensity interval training for the first 25 minutes
 - Great for the beginner or the advanced
- Level 2 is HIIT

- HIIT—or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. This training is for the last 25 minutes.

Join Zoom Meeting

<https://us02web.zoom.us/j/86471590675?pwd=YnhyYitTcHkxaURVUGN3d2lPdnZOUT09>

Meeting ID: 818 8939 3295

Passcode: SPcdc

CORRECTIVE TRAINING for the BODY

- Level 1 Full Body Circuit
 - This training is a form of body conditioning that involves endurance training, resistance training, low to medium-intensity aerobics, and exercises performed in a circuit, similar to low to high-intensity interval training.
 - It targets strength building, focused areas, and muscular endurance

Join Zoom Meeting

<https://us02web.zoom.us/j/86471590675?pwd=YnhyYitTcHkxaURVUGN3d2lPdnZOUT09>

Meeting ID: 864 7159 0675

Passcode: SPcdc

Ready to Sweat? Register Now!

<https://saintphilipame.wufoo.com/forms/p1uvv51e119g3z0/>