

HIGH INTENSITY INTERVAL TRAINING

*A clinic covering the #1 fitness trend
in the world.*

SESSION 1: JUNE 21/23/28/30

SESSION 2: JULY 12/14/19/21

Tue/Thur @ 5:30pm

\$40/Session

VANDERBILT.EDU/RECREATIONAND
WELLNESSCENTER

Contact Instructor for more info:

*Wade Evans, ACSM-CPT
wade.e.evans@vanderbilt.edu
615.343.8185*



Recreation and
Wellness Center

Vanderbilt Recreation and
Wellness Center

@VandyRec

