



## Equipment Requirement Sheet

### HIIT it with YOGA

There is no denying that high intensity interval training (HIIT) is fun, effective, and challenging for all. Don't miss this ground-breaking course that will teach you the benefits of HIIT and Yoga, and how to fuse these two seemingly different formats together to create a challenging, yet centering class to develop maximum performance levels!

#### Space Needed:

Group Exercise Studio: 8am – 1pm

#### Equipment Required:

\_\_\_ Dumbbells

\_\_\_ Yoga Mats

#### Optional Equipment:

\_\_\_ Medicine Balls

\_\_\_ Resistance Bands



Questions regarding equipment please contact: Darci at [darci@netafit.org](mailto:darci@netafit.org)