



Christiansburg Aquatic Center

595 North Franklin Street ~ Telephone 540-381-7665 ~ www.christiansburg.org/aquatics

*******FOR IMMEDIATE PRESS RELEASE*******

Christiansburg Aquatic Center Offers Hydro HIIT Classes

Date: 1/29/2016

(Christiansburg, Virginia) – Join the Christiansburg Aquatic Center (CAC) for the best interval workout in town! The CAC will offer a high intensity interval class, called Hydro HIIT, beginning March 4.

This brand new deep water aerobics class combines repeated bouts of short duration, high intensity exercise with periods of lower intensity recovery.

Hydro HIIT will be held Monday and Friday evenings from 5:45-6:45 p.m.

Not sure if this class is for you? Try it for free on the first day!

To register, please visit <https://apm.activecommunities.com/christiansburg>.

For more information, please call (540) 381-7665 (POOL) or visit www.christiansburg.org/aquatics.

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