

H.I.I.T Fitness with Phil

About the Class

Each H.I.I.T Fitness Class is designed for all fitness levels to improve cardiovascular conditioning, bodyweight strength and flexibility. Emphasis will be placed on exercise technique and functional bodyweight exercises. Phil will guide students to challenge themselves while encouraging a fun and fast-paced environment.

Possible Themes for Your Class

H.I.I.T for Beginners, H.I.I.T for Athletes, H.I.I.T Bootcamp. Theme descriptions available upon request.

Meet your instructor Phil

Phil is a former GMAA multisport student-athlete who graduated from Riverdale High School. He has been transforming people's lives through his passion for health and fitness for nearly 10 years. He is now sharing all his proven tools and methods to take your health to the next level - virtually. From dynamic beginner workouts to advanced exercise technique, Phil teaches students of all ages and fitness levels to stay motivated and realize their fitness goals.

Equipment Required

Equipment: A yoga or exercise mat, towel & water bottle
Space: Minimal space (approximately 6 feet sq) & enough space to place hands overhead

SPORT. EDUCATION. PRIDE.

RSEQ

GMAA

Courses offered as part of the GMAA Let's Move – Virtually program