



 hot phiit®

CHARITY CLASS FOR BREAST CANCER

LED BY ANDY C

OCTOBER 29TH at 12PM | \$60 DONATION



THE CLASS

Join the Sweat Xpress!

HOT HIIT® Xpress moves more quickly than the original class. Through this method of movement, you will get the most effective workout in only 45 minutes. Modifications are given for each exercise, making it accessible to all fitness levels and ages.

LOCATION

**HOT PHIIT®
Greenwich**

138 E Putman Avenue
Cos Cob, CT 06807

monique@hotphiit.com

SESSION INCLUDES

45 minute HOT PHIIT® class and HOT PHIIT® towel. Auburn Jewelry will also be donating 15% of sales made at the event. Small bites will be provided.

SIGN UP



Visit hotphiit.com For More Details