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# HIIT BASICS AND SUGAR DETOX

## WORKOUT WORKSHOPS PORTAGE TOWNSHIP YMCA

Come ready to SWEAT and learn the Basics of high-intensity interval training or HITT, during the 1st half of the workshop.

Are you a sugar addict? Learn ways to reduce sugar in your diet and it can help you drop pounds, improve your health and even give you more radiant skin. This nutritional component will take place during the 2nd half of the workshop.

**WHEN:** JULY 11, 2019

6:30 PM

**WHERE:** Nutrition Kitchen at Portage Township YMCA

**AGES:** 11 years and older

**FEES:** Members \$10    Non-Members \$15  
Free Nutrition Kitchen Shake with Registration (\$5 value)

**INSTRUCTOR:** Tiffany Deaton, YMCA Nutritionist and Personal Trainer

PORTAGE TOWNSHIP YMCA | 3100 Willowcreek Rd., Portage, IN 46368 | [ymcaofportage.org](http://ymcaofportage.org)