

H.I.T.T. or Miss: An Interactive Discussion on Integrating Performance Training in Recreation Programming

High-intensity interval training was number one on the Worldwide Fitness Trends for 2014 and has continued to hit the top 5. As H.I.I.T. has transitioned from fad to trend, campus recreation programmers are being tasked with offering a dynamic experience that will be safe and efficient for students, faculty and staff. Don't miss this opportunity to share better practices and learn strategies to streamline the implementation of H.I.I.T. programming.

- Lead Presenter: Ebonie Cobb, Technogym
- Room: Fairhaven