



BECOME A CERTIFIED INSTRUCTOR

September 13 & 14 from 8:30 AM - 5:00 PM
at Walton Family Whole Health & Fitness

Why High Fitness?

HIGH, **LOW**, and **YO** are designed to break all the barriers of boring group fitness. With hundreds of thousands of participants, **High Fitness** methods are rapidly changing the face of the fitness industry.

Join the revolution and become a **certified instructor!**

HIGH

High impact format

LOW

Low impact format

YO

Stretch format

LEARN MORE & SIGN UP AT:

WWW.HIGHFITNESS.COM/BECOME-AN-INSTRUCTOR

HIGH
fitness