

Fitness Heights International Brick Workout Training

*All Participants must pre-register for all classes.

Day 2 days/location	Times	Location	Exercise Type	Equipment Needed:
Monday	6:30 to 7:00 AM 12:00 to 12:30 PM 1:00 to 1:30 PM 8:00 to 8:30 PM	DC: 1123 11 th St NW, WDC	Brick Workout Indoor/Outdoor	Training Shoes or Running Shoes Weights Mat
Tuesday	6:30 to 7:00 AM	DC: 3100 Fort Lincoln Rd NE, Washington, DC	Brick Workout Outdoor	Running Shoes Wear Layers: Fitness Heights Dri-Fit Shirt, Fleece and Windbreaker, gloves/hat
Tuesday	5:45 to 6:15 PM 7:45 to 8:15 PM	MD: 313 Wayne Ave, Silver Spring (Silver Spring Intl Middle School: Meet and Park near the outdoor Track)	Brick Workout Outdoor	Training Shoes: Wear Layers: Fitness Heights Dri-Fit Shirt, Fleece and Windbreaker, gloves/hat
Wednesday	6:30 to 7:00 AM 12:00 to 12:30 PM 1:00 to 1:30 PM 8:00 to 8:30 PM	DC: 1123 11 th St NW, WDC	Brick Workout Indoor/Outdoor	Training Shoes or Running Shoes Weights Mat
Thursday	6:30 to 7:00 AM	DC: 3100 Fort Lincoln Rd NE, Washington, DC	Brick Workout Outdoor	Training Shoes or Running Shoes Weights Mat
Thursday	5:45 to 6:15 PM 7:45 to 8:15 PM	MD: 313 Wayne Ave, Silver Spring (Silver Spring Intl Middle School: Meet and Park near the outdoor Track)	Brick Workout Outdoor	Training Shoes or Running Shoes Weights Mat
Friday		No Class		
Saturday	10:30 to 1:00 PM	DC: 1123 11 th St NW, WDC	Brick Workout Indoor/Outdoor	Training Shoes or Running Shoes Weights Mat

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Winter Outdoor Training Tips

Running Shoes: Ask for a private consultation regarding proper running shoes.

Wear Layers: Fitness Heights Dri-Fit Shirt, Fleece and Windbreaker, gloves/hat

Hydration: Bring water to every training session, it is important to hydrate during your workout

Weights: Bring Light weights. For example, if you lift 5 lbs and this is light for you, but 8 lbs is heavy, bring 5 lbs, also if you lift 8 and 10 lbs bring the 8 lbs as we build your base. Advanced trainees bring both 10 and 15 or 15 and 20 lbs, etc.

Extra Shirt: Always a great idea to bring an extra shirt to change post workout.

Please call us or email if you have any questions, we can be reached at 202.556.3966 or via email at jog4me@fitnessheights.com

Visit our website at <http://www.fitnessheights.com>