



EMAIL: CONTACT@GETUPINSPIRED.COM



www.facebook.com/ShaugaandTerri

Classes with
Shauna



TEXT: 919-271-3611

&

Classes with
Terri Needham

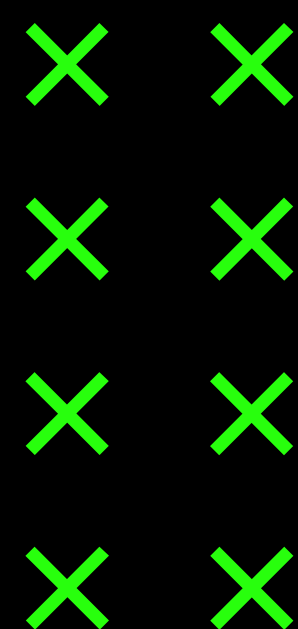
TEXT: 919-606-5269

5:15AM AND 6:15AM
MON, WED, FRI

8:45AM
MON, WED, FRI
5:15 PM
MON, TUES, THUR



**GET STRONGER
WITH HIIT**



IT'S WHAT WE DO.

- 30-35 MINUTE FUNCTIONAL WORKOUTS
- STRENGTH TRAINING
- CARDIO/ CONDITIONING
- WORKOUTS FOR ALL FITNESS LEVELS
- IN-CLASS CHALLENGES FOR MOTIVATION
- WELCOMING ATMOSPHERE



1300 Old US Hwy 70, Clayton, NC
Commit to HIIT classes located at
American Legion Post 71 – just 2
minutes from Downtown Clayton!
TEXT TO CLAIM YOUR SPOT!

