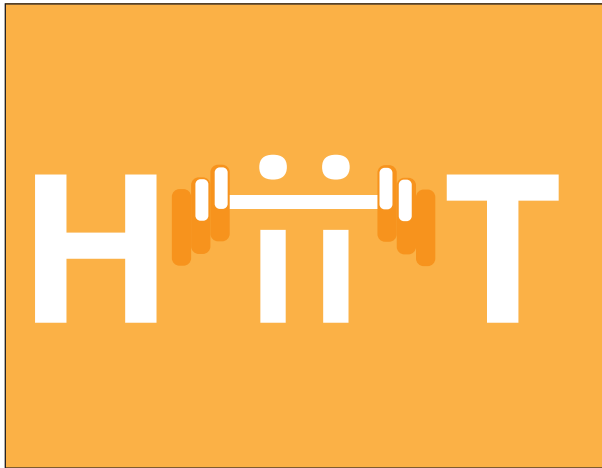
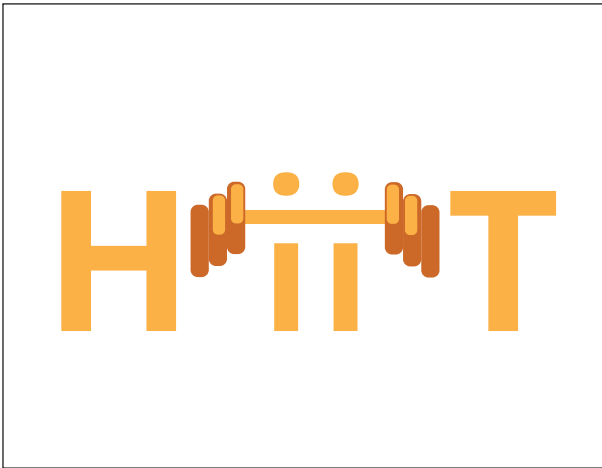


Due Date: Friday, October, 12th
Prepared For: Danielle Alderman
Prepared By: Aporva Bhardwaj, Terry Nillo, Rebecca Westcott



Sitemap

by Bec, Aporva & Terry

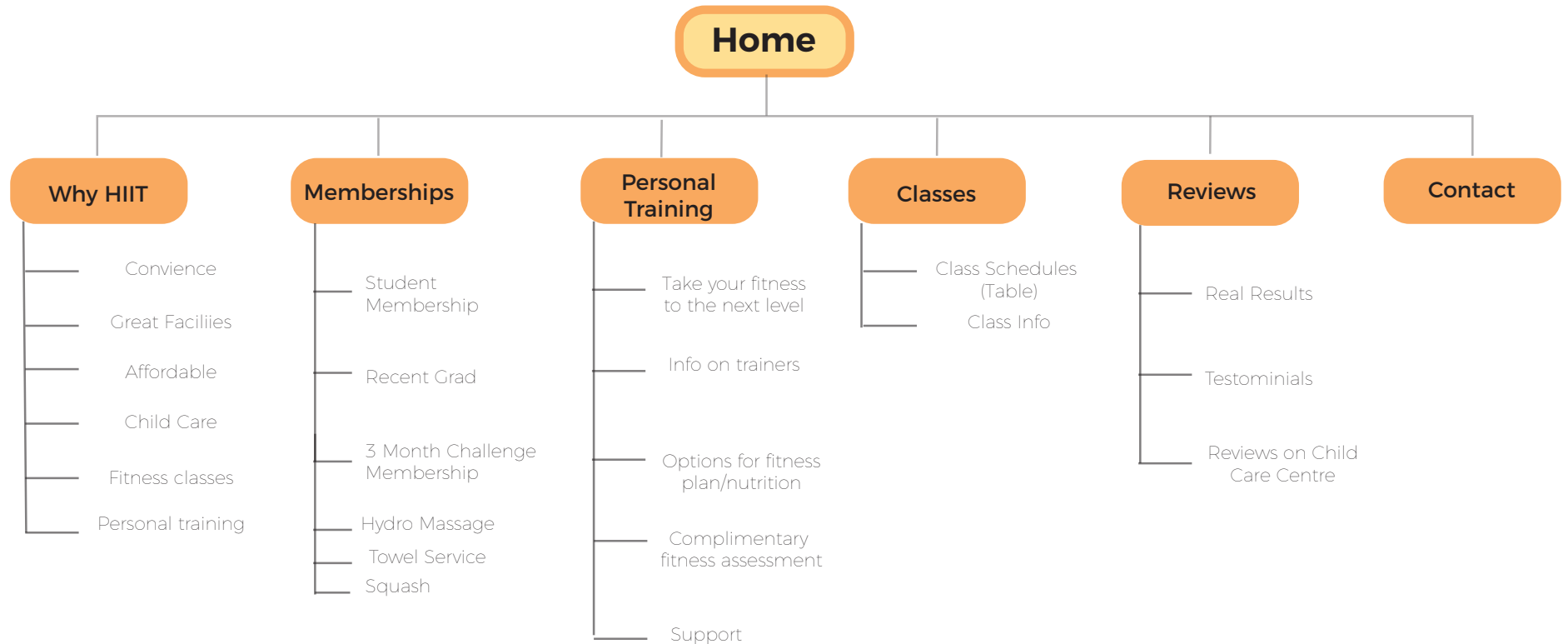
Legend



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Feature/Content on page



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Careers

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Join


About

HIIT is one of the GTA's premier gyms. Voted as the best fitness club in the city, we are an independently owned, local fitness and health centre designed for the entire family.

We feature state-of-the-art equipment, a variety of fitness classes and supportive staff to help you achieve your fitness goals.

Our Facilities

A stronger, healthier you awaits
With locations throughout the GTA XX offers you access to everything you need to reach your fitness goals. Give us a try with. Our trail passes give unlimited access FREE for a week.



• • •

What We Offer

Memberships

Don't go at it alone. Sign up for a membership with a friend and you'll both receive the first month free!

Personal Training


Get a fully customized workout with Personal Training

Our certified personal trainers provide you with premium one-on-one support. Get results faster than ever with a personalized fitness plan tailored to you and your fitness goals.

Classes

Stay motivated and get results with our group Fitness classes
With our wide range of classes and certified instructors, you're sure to find the perfect class for you.

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Why HIIT

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Why Choose HIIT gym?


Transforming you into the person you want to be is our speciality. We think you'll love our world-class fitness centre and here's why...

Convenience

We've got multiple locations throughout the GTA and many of our gyms are open 24 hours a day. Exercise where you want, when you want.

Great Facilities

Our gyms offer world-class equipment, yoga studios, squash courts and much more.



Affordable

Our memberships offer unbeatable value and various options to meet your needs.

Child Care

Working out is easy for parents with our mini gym program. Let us take care of your children while you take care of yourself.


Fitness Classes

We've got more than 20 group fitness classes - all included in your membership.

Personal Training

We've got certified personal trainers that deliver quality instruction and maximum motivation.

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Memberships

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Our no commitment membership offers a value-packed, monthly rate with full access to all our amenities and classes.


Your Membership Includes

Towel service, introductory fitness consultation, child care, hydro massage and squash.


	Classes	Child Care	Extra Services	Cost
Student				
Graduate				
Community				

Hydro Massage


Extra Services




Towel Service




Squash



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Personal Training

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Take your fitness to the next level with personal training


Meet Our Trainers

Our certified Personal Trainers will help guide your workout plan and keep you motivated and seeing results. No matter what your needs or fitness goals are, we have a custom Personal Training package that's right for you.




Sheena Pope

I try to help clients achieve a balanced read more...



Salma Vazquez

A background in nutrition and fitness read more...



Che Emerson

Working with each of my clients to reach read more...

Complementary Fitness Assessment

Get an assessment of your current fitness level and an overview of all our equipment with a one-on-one workout.


[Sign up](#)

Fitness Plan


Our Personal trainers will work with you identify your goals and create your customized workout plan.

Support

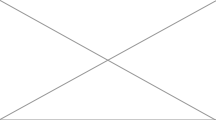
Regular meetings with your trainer can help keep you accountable and motivated. Customized workout plans will be adjusted to add variety and challenge you as you progress.



Careers
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Classes


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Take your fitness to the next level with personal training

Get Fit

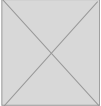
HIIT offers a wide variety of group fitnesses classes for all levels. It's easy to stay motivated when you're led by inspirational instructors and surrounded by people with the same fitness goals as you.

Not sure which class is right for you? Let one of our fitness consultants help you find your perfect fit.




Yoga and Strength

Combine Flexibility with core strength
[read more here...](#)



Cycle classes

We have multiple spin classes
[read more here..](#)



Cardio Classes

Get fit fast by walking down the
[read more here...](#)

Classes

Beginner Intermediate Advanced

LOCATION	DAY	TIME	CLASS
Studio 1	Monday	6:00AM-7:00AM	Sunrise Flow Yoga
Studio 1	Monday	9:00AM-10:00AM	Restorative Yoga
Studio 1	Tuesday	9:30AM-10:30AM	Power Yoga
Studio 1	Wednesday	6:00AM-7:00AM	Sunrise Flow Yoga
Studio 1	Wednesday	6:30PM-7:30PM	Power Yoga
Studio 1	Thursday	7:30PM-8:30PM	Gentle Yoga
Studio 1	Saturday	7:30AM-8:30AM	Sunrise Flow Yoga
Studio 1	Sunday	8:30AM-9:30AM	Restorative Yoga

Job List Here


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Reviews

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Real Results




Zakk Sutton

Dropped: 100lbs
Time Line: 10 months



Gavin Field

Dropped: 10lbs
Time Line: 2 months



Saim Meja

Dropped: 24lbs
Time Line: 8 months

Testimonials

Sarah Cole

I really enjoy working out at HIIT. A very friendly and welcoming environment that I wasn't afraid of being judged at! An overall amazing team of professional trainers and a great community that helps inspire each other.


[read more](#)

Rocky Odom

HIIT gave me the chance to participate in unique challenges held through social media. Without this gym I have no idea where I would be. I've met lifetime friends through this challenge that allows me to...


[read more.](#)

Child Care




Jackson Millar

As a dad who loves to work out and loves kids are my first
[read more...](#)



Lily Redfern

As a young parent, my kids are my first
[read more...](#)



Aneesa Durham

As a new mom I think I can trust HIIT gym
[read more...](#)

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