



# Virtual Free Webinar WHY CARDIO MATTERS

TUES. SEPT 22ND AT 12:30 PM

WITH CERTIFIED PERSONAL TRAINER: MARISA LOPEZ

*In the fitness industry there has been a lot of confusion surrounding cardio. Some say you should avoid it at all costs, others claim HIIT cardio is all you need and others say aerobic cardio is the key. So which one is it?*

*In this 30 minute webinar Marisa will explain the benefits of cardio, how often to do it and how much you need to do depending on your goals.*

**ALL FITNESS LEVELS ARE WELCOME!  
NON MEMBERS WELCOME - SEND US AN EMAIL**

Class will be held via Zoom  
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