



HIIT-N-Hops Frequently Asked Questions

What is HIIT workout?

High-Intensity, Interval Training. It is defined as alternating short periods of intense exercise with less intense exercise known as active recovery periods. The best part of HIIT is that 'high-intensity' is unique to each individual. So that means you work out at your own pace and ability level. If you are new to exercise this a great way to get started with a workout you can do at your own pace. And if you are an avid workout enthusiast, this is an excellent way for you to change things up and really push your exercise intensity limits. Modifications will be offered for all exercises to ensure all ability levels receive a great workout.

What should I wear?

Comfortable attire to move, sweat & workout in. At check-in, you will receive your official HIIT-N-Hops workout t-shirt. Most of the workout will be done on the grassy surfaces of the County Parks. We will use all the elements the parks have to offer.

What should I bring?

Please bring your own water (and plenty!) as water will not be provided.

Can I take pictures?

Yes, we highly encourage pictures. When posting on social media, be sure to #BodyFuelMKE and #HIITnHOPS. We will also have a snapchat filter, so please be sure to check it out!

Can I bring kids?

Kids over 10 are welcome to participate in the workout but will be required to register. This workout is not recommended for kids under 10. Child care services are not provided. Kids not participating in the workout may be able to take advantage of the public play areas, but we will not have staff supervising them.

Where do I park?

Parking is free, but please be mindful that the workout is in conjunction with the Traveling Beer Garden so the park will be very busy.

What happens if there is rain?

We are a rain or shine workout! However, severe weather will prevent us from holding the event. In the event of severe weather, the bodyfuel inc may delay or cancel the event and notify participants by email. If the event is cancelled, we will work to hold a make-up date for the workout and contact all attendees. If no make-up date can be scheduled, refunds will be given for cancelled event. Refunds will not be given for any other reason.

How can I get a refund if I don't make it to the event?

Refunds are not available for this event and tickets are not transferrable to other dates or attendees.

