



### What Is Circuit Training?

Circuit training is short bursts of resistance exercise using body weight and frequent repetitions, followed quickly by another burst of exercise targeting a different muscle group. Because you are switching between muscle groups, no rest is needed between circuits. This gets the heart rate up, which usually doesn't happen during resistance exercise. Sometimes, to up the heart rate further, cardio bursts/aerobics are sprinkled between the resistance exercises.

According to Wayne L. Westcott, PhD, fitness research director at the South Shore YMCA, circuit training improves both strength and endurance, and jump-starts metabolism. "When you leave the workout, you are still burning a third more calories than you did in the workout -- and this goes on for hours!" he says. "Once you build muscle, muscle burns more calories [than fat], so you continue to burn more."

[Sign up today for the next class](#)

**When: Saturday, February 11, 2012 – 11AM-12PM**

**Where: Ronald Bridges Park; 5285 Lakeside Drive; Union City, GA 30291**

**Who: Latrina Patrick, Greater Vision Consulting**

Contact the Union City Parks and Recreation Department (770-964-1236 or [ucevents@unioncityga.org](mailto:ucevents@unioncityga.org)) for more information.