

ADRENALINE RUSH Boot Camp Program

Adrenaline Program teaches how to increase your calorie burning to its ultimate high in 1,440 minutes of exercise. Each intense 60 minute class is designed to strengthen & sculpt your entire body through challenging H.I.I.T. techniques to get a stronger build and stamina, ADRENALINE RUSH incorporates dynamic movements, explosive resistance movements and weight training to drive your energy output through the roof and start shedding unwanted body fat! Kettle-bells, bands, BOSU's, hand weights, medicine balls, ropes, boxes, tires, TRXs, Resistance Machines may be used.



ADRENALINE RUSH includes:

1440+ minutes of exercise taught by AFAA/NASM CPT, NPC/NGA Bikini Athlete and Fitness Model Devin Gongora

Flexibility--*Group Training*--**HIIT**--Nutrition---**Pilates**---Resistance--Strength---*Yoga*

Exercise Prescription

Fit Tips & Nutrition Recommendations

HEALTHY RECIPES



Get your 'Rush' on... Fitness Evolved ...

Classes held Mon, Wed @ 1600-1700; Sat @ 0800-0900

Classes subject to change.

Cardiovascular Fitness Energize **Conquer Motivate** Weight Loss Own IT *Muscular Definition*

Power *Stress Relief* Flexibility Health **Strengthen** Total Body Workout **Evolve**

Inspire Believe Fit **Transformation** Sculpt *Commitment* Training Goals

\$90.00 for Entire Program

*Refer a friend, and receive \$2.00 off per person!

*Both participants must be registered for the same Adrenaline Session. Cannot be combined with any other offers

Contact Devin Gongora @ devin.gongora@gmail.com; 801-458-1343 to register