

!!!NEW!!!

Don't be Intimidated  
Be Inspired!!!

# "End of Summer"

Take your  
workout to the  
next level!!

## HEAT Resurrected

**#\*\*New Classes held: Aug 20 – Sept 17, 2018\*\*#**

0545 – 0630 am Monday and Wednesday in Warrior Fitness Center  
Cardio Room and Functional Fitness Area. It's time to turn up the  
*HEAT* (High Energy Athletic Training)!!!

Designed for the Novice or Pro using **High Intensity Interval Training *HIIT*** and  
**Tabata** principals, both encompass a variety of circuit training and high-speed  
workouts in a **group format**; 30/45 min of challenging cardio & strength training  
exercises are used to **help with fat loss, build muscle, improve heart/aerobic  
fitness** and ensure maximum calorie burn.

**TRX system, Alpha Warrior Rig, Body weight, RESISTANCE BANDS, Kettle  
Bells** and Free Weights are used for strength and resistance training. **BOSU** and  
Stability Balls along with a variety of **Abdominal** exercise routines are used to  
develop overall balance and core strength.

(limited slots available)



**1 day a week (4 classes total) - \$24**  
**2 days a week (8 classes total) - \$40**



**WALK-INS WELCOMED** (based on equipment availability)

Contact Mac at [mtmay22@msn.com](mailto:mtmay22@msn.com) or (801)721-5832 to sign up

### Real People

### Real Results



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