

!!!NEW!!!

New Circuits
New Exercises!

New Attitudes
New You!



HEAT

Resurrected!



High Energy Athletic Training HEAT

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; 35/45 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, 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.

New Classes held: Jan 8 - 31, 2018

0545 – 0630 am Monday and Wednesday in Warrior Fitness Center
Cardio room (limited slots available)

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

*Don't be Intimidated
Be Inspired!!!*

*Take your
workout to the
next level!*

WALK-INS WELCOMED (based on equipment availability)

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

Real People

Real Results



TRX

