

!!!NEW!!!

New Circuits  
New Exercises!

New Attitudes  
New You!



# HEAT



## Resurrected!

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; 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: Mar 12 – Apr 4, 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](mailto:mtmay22@msn.com) or (801)721-5832 to sign up

### Real People

### Real Results

