

# NEW YEAR BOOT CAMP EVOLVED **ADRENALINE RUSH** BOOT CAMP

**Starts 16 January 2018**

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!

***Punch-Passes Now available!***

***Adrenaline* Real Unique Sports HIIT (RUSH) includes:**

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

Flexibility--**HIIT**—Nutrition---Pilates---Strength---Tabata---TURBO Kick®--Yoga

Exercise Prescription

**Fit Tips & Nutrition Recommendations**

**HEALTHY RECIPES**

Now includes  
Turbo Kick®



## **ADRENALINE RUSH**

Classes held Mon, Tues, Wed, and Thurs @ 1600-1700

\*Class day/time 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 ADRENALINE 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](mailto:devin.gongora@gmail.com); 801-458-1343 to register**