

SPRING BOOT CAMP EVOLVED **ADRENALINE RUSH** BOOT CAMP

26 Mar – 25 Apr 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 effective Group Exercise classes including several 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

B a r r e - Flexibility--**HIIT**—Nutrition—Pilates---PiYo--Strength---Tabata---**TURBO**

Kick®--Yoga

Exercise Prescription

Fit Tips & Nutrition Recommendations

HEALTHY RECIPES

Now includes
Turbo Kick®



ADRENALINE RUSH

Classes held Mon -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; 801-458-1343 to register