

!!!NEW!!!

Summertime

Motivation



HEAT Resurrected!

****New Classes held: June 6 – July 2, 2018****

0545 – 0630 am Monday and Wednesday in Warrior Fitness Center Cardio room 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, 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

*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



Summertime HEAT Resurrected!! June 6 – July 2, 2018