

2019 BETTER-YOU BOOT CAMP EVOLVED **ADRENALINE RUSH**

Starts 25 Feb 2019

The Adrenaline Health and Wellness Program teaches how to increase your calorie burning to its ultimate high in 1,080 minutes of exercise. Each intense 60-min. class is designed to strengthen & sculpt your entire body through effective group exercise classes while educating on nutrition tips that WILL build a BETTER-YOU!

ADRENALINE RUSH incorporates dynamic movements, explosive resistance movements, health and nutrition and weight training patterns that will shed unwanted body fat!

Adrenaline RUSH (Real Unique Sports HIIT) includes:

Exercise Prescription *Fit Tips & Nutrition Recommendations* **HEALTHY RECIPES** Weekly Challenges
B a r r e - Flexibility--**HIIT**—Nutrition—Pilates—PiYo--Strength--- Tabata---TURBO Kick®--Yoga

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

*First time participants- 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

