

Don't be Intimidated  
Be Inspired!!!

!!!NEW!!!

“2019”



# HEAT Resurrected

***New Classes held: Feb 13 – Mar 13. 2019***

**0545 – 0630 am Monday and Wednesday in the Warrior Fitness Center Cardio Room and Functional Fitness Area's Alpha Warrior Rig. It's Resurrection time and time to turn up the HEAT (High Energy Athletic Training)!**

Designed for the Novice or Pro using **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, Alpha Warrior Rig, Body weight, RESISTANCE BANDS, Kettle Bells, the Tank, Turf 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)**

Take your  
workout to the  
next level!

***1 day a week (4 classes total) - \$24***  
***2 days a week (8 classes total) - \$40***

**Motivation**

**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



**Resurrected January 14 through Feb 6, 2019!**