

!!!NEW!!!

“Pre-Thanksgiving”

Don't be Intimidated
Be Inspired!!!

Take your
workout to the
next level!

HEAT Resurrected

New Classes held: October 29 – November 26, 2018

0545 – 0630 am Monday and Wednesday in Warrior Fitness Center
Cardio Room and Functional Fitness Area. 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, Alpha Warrior Rig, 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



WALK-INS WELCOMED (based on equipment availability)

Contact Mac at mtmay22@msn.com or (801)721-5832 to sign up

Real People



Real Results



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