

# The Ultimate Circuit Training

# HEAT

# Resurrected!

High Energy Athletic Training (HEAT)



Designed for the Novice or Pro using the **H**igh **I**ntensity **I**nterval **T**raining *HIIT* *Tabata* principals, **HEAT** encompasses a variety of circuit training workouts in a group format; 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.

**Classes held:** *Continuously – contact Mac @ [mtmay22@msn.com](mailto:mtmay22@msn.com)*

0545 – 0630 am Monday and Wednesday in Warrior Fitness Center  
Cardio room (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!!!**

**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

