

***Deliver your Ultimate...***



***Join in a challenging 6-week Boot Camp Class that is designed to strengthen and sculpt your entire body to your ultimate fitness level! Build up your cardio-vascular and muscular strength by conquering each fitness activity during this six-week course! You will dominate your fitness goals through circuit and group training, weight lifting, other aerobic techniques, and x-biking. Learn fitness activities that will evolve your body to new levels! Commit to YOU!***

**6 week session includes:**

- **One hour challenging Cardio-vascular Boot Camp Workout that will ‘chisel’ the body!**
- **FREE Adrenaline Rush T-shirt.**
- **Personalized Weight Training Workout Plans.**
- **Specialized Program Diet Recommendations.**
- **Measurements.**
- **\$10.00 off a Personal Training Session with Devin. (One Session or a packaged deal!)**

**1 day a week \$45.00 (6 classes)**

**2 days a week \$65.00 (12 classes)**

**3 days a week \$80.00 (18 classes)**

Tuesdays @ 5am and 530pm (Bubble)

Thursdays @ 7pm (Bubble)

**Scheduled “drop in” days: \$6.00 per class**

- **One hour challenging Cardio-vascular Boot Camp Workout that will strengthen the body!**

Tuesdays @ 4pm (Upstairs Cardio Room)

Mondays, Wednesdays, Saturdays @ 9am (Upstairs Cardio Room)

**\*\*\*After Initial Training Week, the 6 week program days can be intermixed with drop in days**

If these times don't work for you, **Adrenaline** is available by appointment! Just get at least 4 committed people and a time that works for everyone, and it is a date! **Adrenaline** gets personal!

**Become an Adrenaline Junkie!!!**

All classes will be taught by Devin Gongora. A Certified NASM Personal Trainer, AFAA Group Fitness Instructor, Master AFAA Educator, IDEA Fit 2010, Certified Schwinn and Mad Dogg Cycling, X-Biking Training Program, AQUA FiTour, Body Bar, Cooper MEL, FREEMOTION Training Cable Systems, Hip Hop Hustle, FiTour Primary and Advanced Pilates, Kettle bell Inc., AFAA Yoga Essentials, Urban Rebounding/Bounce On, Resist-a-ball Stability Training, Silver Sneakers Cardio Circuit, Turbo Kick, AFAA Step, FiTour Yoga Essentials, Zumba Fitness. WSU Human Promotion Management and Nutrition at Weber State University. Twelve years experience in Group Fitness!

**Contact Devin Gongora at [fishguts10@yahoo.com](mailto:fishguts10@yahoo.com) or 801-458-1343 to reserve your spot!**