

SLOTS ARE LIMITED!!!



July 13, through Aug 29, 2010

H.E.A.T.: High Energy Athletic Training is a fitness program using circuit training and a group format to challenge, enhance and improve an individual's mind, body and spirit.

HEAT is an intense interval workout combining cardiovascular, resistance, and sports conditioning training; is physically challenging, emotionally & spiritually uplifting, and a ton of fun. Accountability and motivational tools are used to assist each person reach individual goals one workout at a time.

Trainer: Mac McCurdy, NASM (National Academy of Sports Medicine) Certified Personal Trainer, AFAA/FiTOUR Group Fitness Instructor, Certified Member of IDEA Health and Fitness Association and Personal Fitness Professionals.

Throughout the program: Use of free weights, resistance bands, benches, BOSU balls, gliders, weight room, Free Motion Machines, bikes, and running tracks will make you a better, healthier YOU! Circuit Style group and individual work will be requested of you during the entire program. Measurements will take place, if requested, before and after the program. Each student will be asked to use the HAWC's BodPod to get their height, weight, and body fat percentage.

Other Learning Tools: A website will be recommended to track individual calories consumed and expended, and provide nutritional tips on eating and healthy meals. Websites to other fitness, health, and wellness entities will also be provided.

Classes will be held:

0500 am Tuesdays in Warrior Fitness Center upstairs Cardio room
0500 am Thursdays in Warrior Fitness Center upstairs Cardio room
0715 am Sundays in Warrior Fitness Center upstairs Cardio room

Sign up for 1, 2 or 3 days a week based on availability. (12 participants per session maximum)

Prices:

1 day a week (**7 sessions**) for entire program: **\$42.00**
2 days a week (**14 sessions**) for entire program: **\$84.00**
3 days a week (**21 sessions**) for entire program: **\$126.00**

***Once enrollment is confirmed, payments will be made out to Warrior Fitness Center for **HEAT8** and will need to be in by 10 July 2010. Bring receipt on first day of program. Contact Mac McCurdy at mtmay22@msn.com or 801-721-5832.

Results received are based on what you put into the H.E.A.T. program... guaranteed!

HEAT 8



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