

INTRODUCING . . .

**BOOT CAMP FITNESS TRAINING**

**T R A I N I N G   A T H L E T E S  
B U I L D I N G   C H A R A C T E R  
I N V E S T I N G   I N   L I V E S**



[WWW.ARIZONAHEAT.ORG](http://WWW.ARIZONAHEAT.ORG)

Special Introductory Offer  
available for limited time only.

Register now and take  
advantage of the  
savings!

*Arizona*  
**HEAT**

**ARIZONA HEAT ELITE**

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Mesa, AZ 85204

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Do you want to improve or maintain your current fitness? Our indoor/outdoor military style fitness program is just what you need. Boot Camps are the current fitness craze because of their benefits and ability for everyone and all fitness levels to get an awesome workout and improve cardiovascular fitness, strength, speed, agility, power, balance, flexibility and more! Come ready for a great workout and a lot of fun!

**Boot Camp**

Mon/Wed	7:00-8:00 pm
Tues/Thurs	5:30-6:30 pm
Wed/Fri	9:30-10:30 am

**Cost**

Non-member	\$50.00/month
Member	\$25.00/month

**KIDS FITNESS CONDITIONING**

Does your child need to improve their fitness? Is he/she an athlete needing to improve their sports fitness skills? This class will challenge all levels! Focus will be on cardiovascular fitness, muscular strength, endurance, flexibility, agility, power, balance and more!

**Kids Fitness**

Mon/Wed	5:30-6:30 pm
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**Cost**

Non-member	\$50.00/month
Member	\$25.00/month

