

Ignite Your Potential

Save on Training and Conditioning at the Orthopedic Sports Center

The High Energy Advanced Training (HEAT) Program is a comprehensive strength training program based on sound scientific and medical principles under the supervision of trained exercise physiologist.

HEAT Sports Training Program

Our Sport-Specific Training Programs have been completed by hundreds of athletes to prepare for every level of play. Our unique program focuses on 5 areas of strength and conditioning training to help you achieve your goals.

**6 Weeks of
HEAT Sports Training
for the Price of 5**

Save \$25 for a limited time!

*Student athletes must register and complete training 8 weeks before season begins.
Must redeem coupon by 7/6/15.*

HEAT Wellness Program

The HEAT Wellness Program will help you achieve your personal wellness goals. Your custom training plan will focus on flexibility, core stabilization, strength training, and cardiovascular workouts.

**8 Weeks of
HEAT Wellness Training
for the Price of 6**

Save \$50 for a limited time!

Must redeem coupon by 7/6/15.

Visit StCloudOrthopedics.com/Heat or call 320.202.5536 to register today.



**ST CLOUD
ORTHOPEDICS**

StCloudOrthopedics.com/Heat

1901 Connecticut Ave S, Sartell



H° E° A° T°
HIGH ENERGY ADVANCED TRAINING

320.202.5536