

# Ignite Your Potential

## It Only Takes a Spark

The High Energy Advanced Training (HEAT) Program is a comprehensive program designed to enhance and restore flexibility, strength, power, speed, and cardiovascular conditioning. It was developed by the specialists at St. Cloud Orthopedics and is offered at the Fitness Evolution facility in Sartell. Our program is based on sound scientific and medical principles to help you reach your full fitness potential.

H<sup>°</sup> E<sup>°</sup> A<sup>°</sup> T<sup>°</sup>  
HIGH ENERGY ADVANCED TRAINING

### *HEAT Wellness Program*

HEAT Group Training for Wellness takes a multi-faceted approach to achieving personal fitness goals. Using 5 different training components and a one-hour class module, HEAT Wellness workouts are guided by our Certified Trainers and are offered daily. These classes are designed to be small so that personal attention can be given to each individual. You can expect highly efficient workouts that emphasize proper form in a fun, fitness-forward environment! HEAT for Wellness offers a fresh dynamic to the group class setting.

Whether you're beginning an exercise program, working towards a sports related milestone, or looking to improve your overall health and fitness, HEAT's Wellness Program is the perfect training path to achieve personal wellness goals. It begins with an initial evaluation of your health history and a goal assessment. Then, to help you reach your best possible achievements, our team will develop a customized plan for you that focuses on:

• *Nutrition* • *Flexibility* • *Core Stabilization* • *Strength Training* • *Cardiovascular Workouts*

**Join us for \$129 monthly for 12 months, or \$159 on a month-to-month basis.**  
Classes offered Monday — Friday 5:00 am, 6:00 am, 9:00 am, 12:00 pm, 4:30pm, 5:30pm  
Saturday at 9:00 am

### **IGNITE YOUR POTENTIAL TODAY!**

Call **Rusty Deters** at **320-654-9090** or email **rdeters@fitnesssevolution.com** for more information.



805 County Road 120 | Sartell, MN