

810-750-0351



404 Rounds Drive  
Fenton, Mi 48430

## Fenton Fitness & Athletic Center

**Starts June 19, 2018**  
(must register by June 11)



## Afterburn Heart Rate Based Conditioning Class

Join us for **Afterburn**, our new heart rate based conditioning class. **Afterburn** will teach you to use the physiological metric of your own personal heart rate to maximize your cardiovascular conditioning improvements.

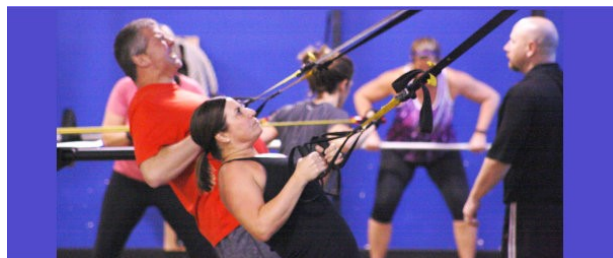


Using **Polar Heart Rate Monitors**, the class will focus on utilizing a variety of different conditioning tools. Your own heart rate will act as your work:rest "timer". Classes will run 30-45 minutes depending on what phase and intensity we are on for that week.

## June 19-August 3, 2018

## Cost

- Tuesdays/Thursdays at 6:15 pm
- Seven week class
- 14 sessions
- Includes a Polar H7 Heart Rate Monitor
- (no class the week of July 4th)
- Fenton Fitness Members: \$299\*
- Non-members: \$349\*  
(\*includes hear rate monitor)



"The Work to Rest method uses a set time for work and a set time for rest. Ratios are determined and the athlete or client rests for generally one, two, or three times the length of the work interval before repeating the next bout. The big drawback to the work to rest method is that time is arbitrary. We have no idea what is actually happening inside the body, we simply guess."

"With the mass production of low cost heartrate monitors, we are no longer required to guess. The future of interval training lies with accurate, low cost heartrate monitors. With a heartrate monitor there is no more guessing. We are no longer looking at time as a measure of recovery, as we formerly did in our rest to work ratios, we are looking at physiology." -Mike Boyle