



BY JERRY AND HEIDI

# OUR PROGRAM:

- SHRED BODY
- GAIN MUSCLE
- MASTER
- METABOLISM

## 6 WEEKS

1X WEEK \$85

2X WEEK \$135

3X WEEK \$165



208-819-9211

## TIMES & DAYS

8:00 am Tues, Thurs & Sat

5:00 pm Tues & Thurs

6:00 pm Tues & Thurs

