



GROUP TRAINING

MONDAY- 6PM
WEDNESDAY- 6 PM
FRIDAY - 12:15

1 X PER WEEK \$49
2 X PER WEEK \$79
3 X PER WEEK \$99
or \$79

RCT \$79 sign up
with a trainer
Drop in \$15

A high-energy workout combining strength training and bursts of HIIT cardio to build muscle, burn calories, and boost endurance



HANNAH HOPPER
208-661-3656
1st Week Free