

IGNITE

STRENGTH & CONDITIONING CLASS



WHAT TO EXPECT

- **Accountability:** Stay on track with a supportive team
- **Strength & Endurance:** Build muscle and boost your stamina in every session.
- **Real Results:** Experience progress you can see and feel

CLASS TIMES

MON - 4:30PM

WED - 4:30PM

MONTHLY PRICING

1 X PER WEEK \$49

2 X PER WEEK \$79

DROP IN \$15

FIRST CLASS FREE

SIGN UP WITH TRAINER



ALANA WISE
208-625-9245



LAUREL TENA
480-745-5246

