

Who Else Wants to Get in Shape and Have Fun?

now accepting recruits for  
**indoor  
bootcamp**

*Meridian*

*All Levels  
Welcome!*

**What is Boot Camp?**

- An intense, interval workout that combines cardiovascular training, resistance training, and sports conditioning training that is physically challenging, emotionally uplifting, and a ton of fun.
- Teamwork
- Motivation

CALL FOR UPCOMING CAMP DATES AND DETAILS!

**Location: Boise Fitness Equipment**  
3055 E. Fairview Suite 130  
(SW corner of Eagle/Fairview next to Moxie Java)

**LIMITED SPACE AVAILABLE SO CALL NOW!**

Geoff Edwards 208-830-8170



**FitClub** *Workout*