

# Join the FIT Club!



## Look and Feel Your Best!

- Gain muscular strength, flexibility, and core strength
- Increase cardiovascular endurance
- Combine all components in one workout
- Learn proper exercise techniques for maximum benefit and gains
- Creative, fun and functional exercises
- Class size limited to allow for personalized attention
- Terrific downtown Boise location

Join us every M/W/F from 6:30 – 7:30 AM during the Fall and Winter months.

**Cost:        \$100 for 4 weeks or \$112 for 12-session punch card**

Classes held and offered in private studio by:

**Poise Health & Fitness**

**Crystal Thomas**

**Certified Personal Trainer, NSCA - CPT**

[www.poisefitness.net](http://www.poisefitness.net)

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