

# POISE FITNESS FALL BOOTCAMP

## A fun way to get fit!

With the cold weather months quickly approaching, we could all use some extra motivation and a fun alternative to those monotonous indoor “dreadmill” workouts at the gym! Why not shed fat **fast**, build endurance, and increase core strength while meeting new people in a completely judge-free environment?



Poise Fitness Fall Bootcamp offers a fun and challenging environment, where you will learn to push yourself to higher levels of physical and mental toughness. Each training day is carefully planned by a certified personal trainer and is comprised of cardio, resistance training, agility and speed training, plyometrics, pilates and stretching segments, all done in a gymnasium at Meridian’s Sawtooth Middle School. You will lose body fat and gain body confidence by showing up for 60 minutes, 2 days a week (Tues/Thurs) for six weeks.

Here are just a few of the benefits you’ll receive from attending Bootcamp:

- Dramatic improvements in your physical well-being and self confidence
- Increased strength and endurance
- Loss of inches and a firmer body
- Pre- and post evaluations to help you monitor your progress
- Motivation and inspiration by your “drill sergeant” and those who will be joining you
- 12 sessions of fun, energizing activities designed to help you reach your fitness goals
- Nutritional education

### Choose A Bootcamp Package

**Individual** (1 person, 6 weeks, 2 days/week) - \$180

**Bring a Friend** (2 people, 6 weeks, 2 days/week) - \$324 \* **10% Discount\***

*Spots for the October 14<sup>th</sup> – November 21<sup>st</sup> bootcamp are filling fast so be sure to register now! For registration materials, email Crystal Thomas at [crystalthomas@poisefitness.net](mailto:crystalthomas@poisefitness.net), or call 208.861.0847.*

\*Located at 3730 N. Linder Rd. in Meridian  
\*Meets every Tue/Thurs from 6:30 – 7:30 am.

## See you at camp!!

Visit [www.poisefitness.net](http://www.poisefitness.net) for more information about the trainer and Poise Health & Fitness!