



Sports Specific Weight Training Strength & Conditioning Core Stability Health & Wellbeing

massfit@boisetennis.com

Session Costs:

1 hour/private—member \$55.00 / guest \$60.00 30 min/private - member \$30.00 / guest \$35.00 1 hour (2 people) - member \$34.00 / guest \$39.00 30 min/2 people - member \$20.00 / guest \$25.00 30 min/3 people - member \$15.00 / guest \$20.00



Preferred training prices & packages are available. Contact Dave at 208-863-4818 or by email at massfit@boisetennis.com

1116 N. Cole Rd., Boise, Id 83704 / 208-376-1052 www.boisetennis.com / brsc@boisetennis.com