



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

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