



# SYNERGY

## SMALL GROUP TRAINING

**CIRCUIT ASYLUM:** A *HIGH* intensity circuit training class that will push you to your limits. Incorporates weight training, cardio endurance, core stability and flexibility. *INTERMEDIATE to ADVANCED.*

*Every Monday and Wednesday 4:30-5:30 pm*

*Sign-Up / Information: Contact Meghan Anderson @ (208) 610-9508*

**MOBILITY:** A class to educate you on self-myofascial release and corrective mobility movements. Helping you to relieve pain and soreness from workouts and chronic stress. This class will restore, rejuvenate and replenish aching muscles through foam rolling, stretching and rehydrating connective tissue. *BEGINNER to ADVANCED*

*Every Monday 12:00-12:45 pm*

*Sign-Up / Information: Contact Bryan Janzen @ (208) 755-8719*

**WOMEN'S BOOTCAMP:** A cross-training workout including cardio, weights, core, and plyometrics. A small group setting that provides new and fun workouts both inside and outside. *BEGINNER to ADVANCED*

*Every Tuesday 4:30-5:30 pm*

*Sign-Up / Information: Contact Meghan Anderson @ (208) 610-9508*

<b>Pricing: DROP-IN SESSIONS:</b>	<b>\$20.00 per session</b>
<b>4 SESSIONS:</b>	<b>\$70.00 (\$17.50 per session)</b>
<b>8 SESSIONS:</b>	<b>\$120.00 (\$15.00 per session)</b>
<b>12 SESSIONS:</b>	<b>\$150.00 (\$12.50 per session)</b>