

Idaho Athletic Club

Bob Mares

Fitness Manager

Qualifications

NASM-CPT

Apex-CPT



Fit Pro Biography

I've been with Idaho Athletic Club since 2003 and 24 hr. Fitness the five years prior to that. I've been a part of fitness since the age of 8 and played three sports in high school and college. I have been a part of the Boise Burn for the last two years as a player and coach. Health and fitness is a priority in my life along with my Family which includes two beautiful daughters.

Fit Pro Motto:

If it don't bum it don't work.