

# Back to School



# Bootcamp



Now that the kids are back to school, and you have some time for yourself, spend your time getting WHIPPED into shape!



10 sessions for  
\$189!!

Doesn't get  
much better



Prepare yourself to : LOSE WEIGHT, GET IN SHAPE, FEEL GREAT,  
and HAVE MORE ENERGY!

Bootcamp will be held from 6:00 am –7:00 am Monday and Friday. An optional bootcamp will be held from Noon-1:00 pm Monday and Friday. The program is for EVERYONE at ANY fitness level! Bootcamp begins September 7th, 2009.

Enlist TODAY!

**Call to reserve your spot or talk to Hilary Whipps personal trainer!**

Idaho Athletic Club~ Silverstone (Non-members welcome!)

208-884-5251