



**GEM STATE  
GYMNASTICS**

ACADEMY ~ Since 1976



# Adult Fitness



<u>Circuit</u>	<u>Yogalates</u>	<u>Shine</u>	<u>Mixer</u>
Interval based, boot camp training including aerobic, strength and flexibility	A meditation based fitness class combining Yoga, Ballet, and Pilates <ul style="list-style-type: none"> <li>• No Gum</li> <li>• No cell phones</li> </ul>	High intensity cardio workout! Combining traditional dance moves from Jazz, Ballet and Hip Hop	A Strength and Stretch class combining Weights, Traditional Core work including Pilates, Ballet & Yoga
Tuesday/Thursday 10:15 - 11:15 am	Tuesday/Thursday 9:00- 10:00am	Monday/Friday 9:00 - 10:00 am	Wednesday 9:00 - 10:00 am
<p><b>Unlimited</b>  <b>\$32.50 Monthly</b>  <b>\$26.00 monthly EFT</b>            (automatic checking withdraw)</p>			
<ul style="list-style-type: none"> <li>• No Start Up Fee</li> <li>• No Cancellation Fee</li> <li>• \$5.00 drop in</li> </ul>			

**5420 W. State Street ☒ Boise, Idaho 83703**  
**853-3220**