

MEMBERSHIPS

\$34.95 PER MONTH (SINGLE)

\$59.95 PER MONTH (PARTNER)

\$29.95 PER MONTH (STUDENT)

*FAMILY- \$59.95 + \$19.95 EACH ADDITION

PERSONAL TRAINING

2x per week 15 min Session: \$180 per month

3x per week 15 min Session: \$240 per month

2x per week 30 min Session: \$240 per month

3x per week 30 min Session: \$300 per month

GROUP FITNESS CLASSES

\$15 - Drop In

\$60 - 5 Class Card

\$100 - 10 class card



YOUR FULL SERVICE GYM

PRIVATE WORKOUTS. OPEN WORKOUTS.
SPORTS TRAINING.

Our goal is to provide an educational, inviting, functional, and innovative experience of uncompromising quality that meets the health and fitness needs of the entire family. Whether you are seeking gym access, personal training, sports specific training, or challenging classes, Precision Fitness is dedicated to creating programs based specifically on achieving your fitness goals.

OUR TEAM

Scott Stockwell
Owner/Personal Trainer

Kevin Busch
Sports Specific Trainer

Amanda Stevens
Personal Trainer

Matt Maiwald
Fitness Competition Coach/Personal Trainer

PRECISIONFITNESSHAYDEN.COM

1234 W. Hayden Ave.
Hayden, ID 83835

208.772.5500



PRECISIONFITNESS

MORE THAN A GYM.
IT'S YOUR NEW LIFESTYLE.

1234 W. Hayden Ave.
Hayden, ID 83835

208.772.5500

SPORTS

Precision Fitness offers 5,000 square feet of spacious sports facilities so you can meet your extreme performance goals. Whether enhancing your performance for group sports, training to improve individual sports goals or wanting to improve your weight lifting abilities for a figure competition, Precision Fitness has the experience to get you to your highest potential.

FITNESS

Precision Fitness houses free weights ranging from 3-150lbs, cutting edge cardio equipment and state of the art weight machines. Precision Fitness is your premier performance fitness training facility.

HEALTH & LIFESTYLE

We can help you create a strategic plan to cut calories, curb cravings and get the mind and body you want without cutting corners, fad dieting or setting unrealistic goals. We offer seminars for the extra support and education you need for long term success. Fitness is a lifestyle - not a fad.

SPORTS SPECIFIC TRAINING CLASSES:

***Athletes Only* (Team Training Available)**

Single Class: \$10 / Member: \$8

5 Classes \$45 / Member: \$35

10 Classes \$80 / Member: \$60

20 Classes \$140 / Member: \$100

SPORTS SPECIFIC PRIVATE TRAINING SESSIONS:

Athletes Only

30 min \$35 / Member \$30

60 min \$60 / Member \$50

(5) 30 min \$150 / Member \$135

(5) 1 hour \$275 / Member \$250

(10) 1 hour \$500 / Member \$450

INDIVIDUAL NUTRITION PLANS:

(Free consultation)

\$100 *4 week detailed plan*

INDIVIDUAL WORKOUT PLANS:

(Free Consultation)

\$75 *4 week detailed plan*

FITNESS COMP PREP:

Rates based off of goals



**STRONGER.
HARDER.
BETTER.**