

AFFORDABLE PERSONAL TRAINING (MERIDIANBOISE)



Location **Idaho**
<https://www.genclassifieds.com/x-635116-z>

EVERHEALTHY FITNESS BOISE & MERIDIAN

Completely private personal training in private training studio!
 NO Gym memberships!
 NO Long term contracts!
 Full time trainers with completely flexible scheduling!
 Best Rates in town Guaranteed!!
 Best trainers and service Guaranteed!!

Try us out for a Completely free initial assessment and fitness assessment today!

2 convenient Locations:

Everhealthy Fitness Meridian
 737 N Ralstin St.
 Meridian Id 83642

Located off of pine and locust grove



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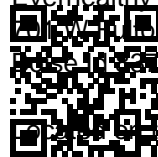
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It's time to make the change. No more thinking about it, No more saying to yourself, Today is your day to make the step towards a new fit and healthy you! You know you want to!

We are here to coach, motivate and guide you every step of the way. We train everybody not just competitors or body builders and we make it affordable for everyone.

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Everhealthy Fitness is NOT your average gym. Everhealthy Fitness is a PRIVATE PERSONAL TRAINING STUDIO dedicated only to personal training!

The first step...

The first step to reaching your fitness goals is booking your first appointment, your initial assessment! This appointment is FREE, This is where we go over a health questionnaire, discuss your fitness goals and proper planning geared specifically to you and your goals, BMI and Body fat Analysis, Blood pressure testing and scheduling. You have the option of training 1x a week or up to 5x a week. We highly recommend 3-5x weekly for optimal results and lifestyle change. Frequency is totally up to you!

We will also discuss your current diet and eating habits and start the process of adjusting your caloric intake and also providing you a diet structure specifically designed for you!!

Meal planning is also available but we rather teach you a healthy lifestyle by providing you structure and teaching you how to make healthy choices with your everyday life. Meal plans are short term and in the end leave you stranded with no direction.

Email Call or Text to schedule your free initial assessment today!

Walk ins are welcome as well. Feel free to stop in and check out our unique training facilities. Were the trainers with the green and black gym :)

Website:

www.everhealthyfitness.com

Facebook:

<https://www.facebook.com/EverhealthyFitness>

TRAIN INSANE OR REMAIN THE SAME

Tags: trainer training personal fitness private gym results weight loss muscle workout strength body building studio affordable health coach results