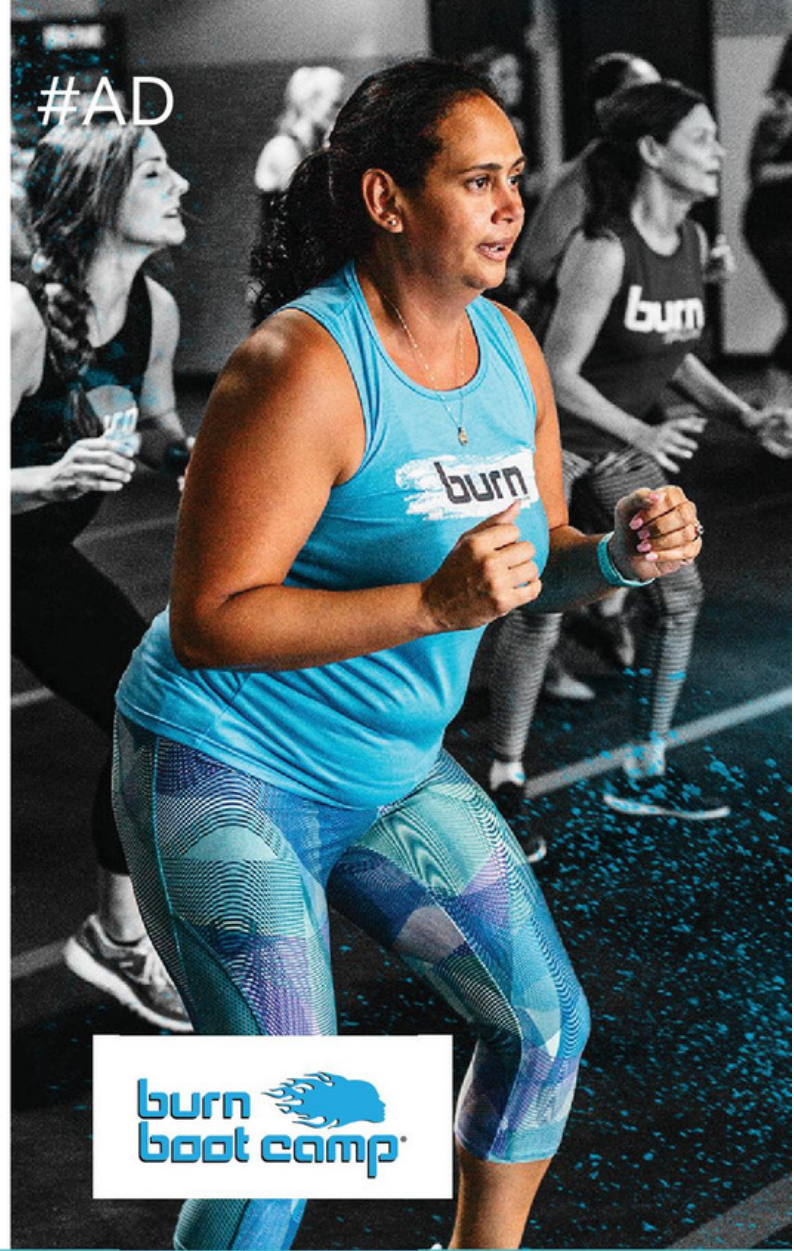


BURN BOOT CAMP HAS CULTIVATED THE GRAND RAPIDS FITNESS COMMUNITY FOR WOMEN

Personal training in a supportive group setting. ALL fitness levels welcome!

Complimentary Childcare

Quick and effective 45 minute camps are coupled with personalized nutritional guidance for well-rounded health.



FEEL THE BURN AT:

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CALL (616) 522-2131 FOR A FREE 14 DAY TRIAL!

Boot camp sounded scary and intense, but I've learned that Burn is for all fitness levels. The trainers are amazing, knowledgeable and encouraging. I'm "allergic to exercise" but Burn has made me love working out.

Erin Russell
Burn and GRKIDS Team Member



Burn Boot Camp is an AMAZING place to be! There is nutritional support and the workouts are different every day. I've been to other gyms and felt judged. There's none of that here. We all encourage and celebrate each other. It's a fun, fit family.



Jen Vanover
Burn Member and Employee