













EVEREST LANE





2270 W. Everest Lane, Meridian, ID 83646

MONDAY		
6:00 AM		Candi
9:30 AM	Iron Therapy	Cathy
10:30 AM		Cathy
8:30 PM		Janelle
TUESDAY		
6:15 AM	Spin	Emily
9:30 AM	Tower Building	Rob
5:30 PM	Spin	Delaney
6:00 PM	RESERVED	
7:00 PM		Janelle
WEDNESDAY		
9:20 AM		Debra
10:00 AM		Candi
THURSDAY		
6:15 AM	Spin	Emily
9:30 AM		Cathy
10:30 AM	Tower Building	Rob
6:00 PM	RESERVED	
8:00 PM		Denielle
FRIDAY		
6:00 AM		Candi
9:30 AM		Laura
10:30 AM		Laura
SATURDAY		
8:30 AM		Janelle
9:45 AM	Tower Building	Rob

JANUARY 2020

STATE STREET

3344 State Street, Boise, ID 83703

MONDAY		
6:00 AM	Strength & Conditioning	Amanda
12:00 PM	Boot Camp	Liz
7:00 PM		Jami
8:00 PM	Yoga	Tiffany
TUESDAY		
6:00 PM	Boot Camp	Amanda
7:00 PM		Monique
WEDNESDAY		
6:00 AM	HIIT	Amanda
12:00 PM	Boot Camp	Liz
THURSDAY		
6:00 PM	Kettlebell Strength Training	Griff
7:00 PM		Katie
FRIDAY		
6:00 AM	Strength & Conditioning	Amanda
12:00 PM	Boot Camp	Liz
SATURDAY		
8:00 AM		Katie
9:30 AM	Yoga	Tiffany

***All Classes are taught by instructors who care deeply about all fitness levels, and will modify accordingly.**



GROUP FITNESS CLASS SCHEDULE

All group classes are open to individuals of all fitness levels. Group classes are FREE for PREMIUM members. \$5 drop in for Basic and Non-Members.






COLE VILLAGE

3361 N. Cole Rd., Boise, ID 83704

MONDAY		
9:00 AM	Yoga	Amanda W
9:45 AM	Spin	Emily
6:00 PM		Amanda L
7:00 PM		Sara
TUESDAY		
12:00 PM		Teddi
5:00 PM		Kirstin/Michelle/Becca
6:00 PM	Kettlebell Strength Training	Griff
WEDNESDAY		
9:00 AM	Yoga	Amanda W
9:45 AM	Spin	Delaney
6:00 PM		Amanda L
7:00 PM		Kirstin/Michelle
THURSDAY		
5:30 PM	Spin	Delaney
6:00 PM		Sara
7:00 PM	Boot Camp	Amanda W
FRIDAY		
9:30 AM	Baby Boomer Bootcamp	Amanda W
SATURDAY		
8:30 AM	Yoga	Amanda W
9:30 AM	Spin	Delaney
10:15 AM		Teddi






FAIRVIEW

11600 W. Fairview Ave., Boise, ID 83713

MONDAY		
7:00 PM	Boot Camp	Jen
TUESDAY		
9:15 AM	Iron Therapy	Cathy
6:15 PM	POP  PILATES	Debra
7:00 PM	Yoga	Sarah F.
WEDNESDAY		
10:00 AM		Teddi
7:00 PM		Mimi
THURSDAY		
9:30 AM	Strength & Conditioning	Amanda
7:00 PM		Marcela
FRIDAY		
12:00 PM	Boot Camp	Teddi
SATURDAY		
8:00 AM		Amanda L.















FRANKLIN

1535 W. Franklin Rd., Meridian, ID 83642

MONDAY		
6:00 AM	Strength Endurance	Jen
9:15 AM	Gentle Yoga	Christine
6:00 PM	Boot Camp	Pam
7:00 PM		Michelle
TUESDAY		
6:15 AM	CrossTraining	Brandon
6:00 PM		Candi
7:00 PM		Candi
WEDNESDAY		
6:00 AM	Strength Endurance	Jen
6:00 PM	Boot Camp	Pam
THURSDAY		
6:15 AM	CrossTraining	Brandon
9:15 AM	Gentle Yoga	Christine
6:00 PM	Boot Camp	Pam
7:00 PM	Yoga	Sarah F.
FRIDAY		
9:30 AM	 *Starting Jan 10th	Michelle
SATURDAY		
8:00 AM		Candi
9:00 AM	Deep Stretch	Candi

FALL RIVER- NAMPA

980 S. Rising Sun Dr. Nampa, ID 83686

MONDAY		
5:15 AM	 A	Esther
10:00 AM	 B	Haley
7:00 PM	 A	Julie
8:00 PM	 A	Allie/Jennifer
TUESDAY		
5:15 AM	A	Tower Building Rob
9:00 AM	 A	Lara
10:00 AM	 B	Lara
6:30 PM	 A	Yvonne
WEDNESDAY		
5:15 AM	A	Boot Camp Esther
9:00 AM	A	Tower Building Rob
5:30 PM	 A	Rachel
7:00 PM	 A	Katelyn
THURSDAY		
5:15 AM	 A	Esther
9:00 AM	 B	Jesse
6:30 PM	 A	Yvonne
8:00 PM	 A	Allie
FRIDAY		
5:15 AM	A	Tower Building Rob
10:00 AM	A	Tower Building Rob
SATURDAY		
10:00 AM	 A	Rachel

*Room A

*Room B






























LET'S MAKE 2020 A YEAR OF DAILY RESOLUTIONS!

TAKE CARE OF YOUR BODY

Start each day right with balanced meals and regular exercise!
When you fall, get back up and keep going

CALDWELL

4108 Clock Tower Ave, Caldwell, ID 83607

MONDAY		
5:00 AM	 A	Total Body Strength Annie
6:00 AM	 B	Yoga Dalee
9:00 AM	 A	Total Body HIIT & Weights Annie
6:00 PM	 A	Yvonne
8:00 PM	 A	Katelyn
TUESDAY		
5:00 AM	 A	Total Body Cardio Annie
6:00 AM	 B	C1 Yoga (Corepower) Jessica
8:30 AM	 A	Strength Lindsay
9:00 AM	 A	Lindsay
6:30 PM	 A	Tower Building Rob
WEDNESDAY		
5:00 AM	 A	Muscle Conditioning Annie
6:00 AM	 B	Yoga Dalee
9:00 AM	 A	ABC's-- Arms, Booty, & Core Annie
6:00 PM	 A	Strength AJ
7:00 PM	 A	Yvonne
THURSDAY		
5:00 AM	 A	Total Body Cardio Annie
6:00 AM	 B	C1 Yoga (Corepower) Jessica
9:00 AM	 A	 Emily
10:00 AM	 A	Strength Annie
6:30 PM	 A	Tower Building Rob
FRIDAY		
5:00 AM	 A	Step/Strength Annie
9:00 AM	 A	Strength Endurance Annie
10:00 AM	 B	Restorative Yoga Dalee
SATURDAY		
7:00 AM	 A	MMA Conditioning Annie
8:30 AM	 A	 Allie/Jennifer
9:30 AM	 A	 Julie

*Room A

*Room B