



GROUP FITNESS CLASS SCHEDULE

All group classes are open to individuals of all fitness levels. \$5 drop-in for Basic and \$10 for Non-Members.

MAY 2021

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

EVEREST LANE

2270 W. Everest Lane, Meridian, ID 83646

MONDAY		
6:30 AM	Cardio Fuse	Candi/Katelyn
8:00 PM		Janelle
TUESDAY		
6:15 AM	 Spin	Emily
9:15 AM	Tower Building	Rob
6:00 PM	RESERVED	
WEDNESDAY		
10:00 AM		Candi
8:00 PM	Cardio Fuse	Janelle
THURSDAY		
6:15 AM	 Spin	Emily
6:00 PM	RESERVED	
FRIDAY		
6:30 AM	Cardio Fuse	Candi
9:00 AM		Teddi
SATURDAY		
8:00 AM		Candi/Krista
10:30 AM	Tower Building	Rob

FRANKLIN

1535 W. Franklin RD., Meridian, ID 83642

MONDAY		
5:30 AM	Elektric Barre	Teddi
1:00 PM	 Gentle Yoga	Christine
TUESDAY		
6:15 AM	Cross Training	Candi
7:00 PM		Candi
WEDNESDAY		
1:00 PM	 Gentle Yoga	Christine
6:00 PM	Boot Camp	Pam
THURSDAY		
6:15 AM	Cross Training	Candi
12:00 PM	Elektric Barre	Teddi
7:00 PM		Claire
FRIDAY		
10:30 AM	Elektric Barre	Teddi
SATURDAY		
8:00 AM		Stephanie/Becca

COLE VILLAGE

3361 Cole RD., Boise, ID 83704

MONDAY		
9:00 AM	 Spin & Core	Ingrid
6:00 PM		Amanda L.
TUESDAY		
10:00 AM		Teddi
6:00 PM		Michelle
WEDNESDAY		
9:00 AM	 Spin	Ingrid
6:00 PM		Amanda L.
THURSDAY		
9:30 AM	Oula Power	Michelle
7:00 PM	Boot Camp	Amanda W.
FRIDAY		
9:00 AM	 Spin	Ingrid
SATURDAY		
7:30 AM	Oula Power	Michelle
10:30 AM		Teddi

****Schedule Subject to change- Check our website****
<http://www.idahofitnessfactory.com/>

FAIRVIEW

11600 W. Fairview Ave, Boise, ID 83713

MONDAY		
6:30 PM		Katie K
TUESDAY		
7:00 PM		Stephanie/ Becca
WEDNESDAY		
10:00 AM		Teddi
THURSDAY		
9:30 AM	Strength and Conditioning	Candi
7:00 PM		Stephanie/ Becca
SATURDAY		
9:00 AM	*NEW YOGA CLASS STARTING MAY 8th!	Amanda W.

STATE STREET

3344 State Street, Boise, ID 83703

MONDAY		
6:00 AM	Strength & Conditioning	Liz
12:00 PM	Boot Camp	Liz
TUESDAY		
6:00 PM		Jennifer
WEDNESDAY		
6:00 AM	Cross Training	Nate
12:00 PM	Boot Camp	Teddi
6:00 PM	Elektric Barre	Teddi
THURSDAY		
7:00 PM		Katie
FRIDAY		
6:00 AM	Strength & Conditioning	Meagan
12:00 PM	Boot Camp	Liz
SATURDAY		
8:00 AM		Amanda L

FALL RIVER - NAMPA

980 S. Rising Sun Dr., Nampa, ID 83686

MONDAY			
5:15 AM	A	Tower Building	Rob
9:00 AM	B	Spin & Core	Karen
7:00 PM	A		Julie
TUESDAY			
9:00 AM	A	Spin & Sculpt	Karen
10:15 AM	B	Yoga	Dalee
7:00 PM	A		Yvonne
WEDNESDAY			
5:15 AM	A	Tower Building	Rob
7:00 PM	A		Trina
THURSDAY			
9:00 AM	A	Spin & Sculpt	Karen
10:15 AM	B	Yoga	Dalee
8:00 PM	A		Allie/Krystal
FRIDAY			
5:15 AM	A	Tower Building	Rob
SATURDAY			
10:00AM	A		Rachel

CALDWELL

4108 Clock Tower Ave, Caldwell, ID 83607

MONDAY			
5:00 AM	A	 SPIN *	Kim C.
10:15 AM	B	Yoga	Dalee
5:30 PM	B	 SPIN *	Rickey Bailey
7:00 PM	A		
TUESDAY			
5:00 AM	A	Boot Camp	Rickey
6:30 PM	A	Tower Building	Rob
WEDNESDAY			
5:00 AM	A	 SPIN *	Stephanie
5:30 PM	B	 SPIN *	Kim D.
6:00 PM	A		Rachel
THURSDAY			
5:00 AM	A	Boot Camp	Rickey
6:30 PM	A	Tower Building	Rob
FRIDAY			
6:00 AM	A	 *NEW TIME	Katelyn
SATURDAY			
7:15 AM	A	Total Body Strength	Bailey

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A = Room A
 B = Room B
 * = Reservations Required
 = Senior Friendly Class