















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
9:15 AM	Tower Building	Rob
10:30 AM		Laura
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	Tower Building	Rob
10:30 AM		Cathy
6:00 PM	RESERVED	
7:00 PM		Janelle
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

MARCH 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
TUESDAY		
6:00 PM	Boot Camp	Amanda
7:00 PM		Monique
WEDNESDAY		
6:00 AM	HIIT	Amanda
12:00 PM	Boot Camp	Liz
6:00 PM	Elektric Barre	Teddi
THURSDAY		
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		
10:00 AM		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		
8:30 AM	Spin	Delaney
9:30 AM	Baby Boomer Bootcamp	Amanda W
SATURDAY		
8:30 AM	Yoga	Amanda W
10:30 AM		Teddi

FAIRVIEW

11600 W. Fairview Ave., Boise, ID 83713

MONDAY		
6:30 PM	HIGH fitness	Katie
TUESDAY		
9:30 AM	Iron Therapy	Cathy
7:00 PM	Yoga	Sarah F.
WEDNESDAY		
10:00 AM	HIGH fitness	Teddi
6:00 PM	CR HOT PILATES	Michelle
7:00 PM	BARRE	Nicole
THURSDAY		
9:30 AM	Strength & Conditioning	Amanda W.
7:00 PM	ZUMBA	Marcela
FRIDAY		
10:00 AM	Boot Camp	Teddi
SATURDAY		
8:00 AM	POUND	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	CR HOT PILATES	Michelle
TUESDAY		
6:15 AM	CrossTraining	Brandon
6:00 PM	BARRE above	Candi
7:00 PM	ZUMBA	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.
SATURDAY		
8:00 AM	HIGH fitness	Candi
9:05 AM	BARRE above Express	Candi

FALL RIVER- NAMPA

980 S. Rising Sun Dr. Nampa, ID 83686

MONDAY		
5:15 AM	A	STRONG ZUMBA Esther
6:00 PM	B	Power Express Rebeca
7:00 PM	A	SHINE DANCE FITNESS Julie
8:00 PM	A	POUND HOT PILATES Allie/Jennifer
TUESDAY		
5:15 AM	A	Tower Building Rob
9:00 AM	A	Total Body Conditioning Annie
5:30 PM	A	Strength & Conditioning Karen
6:00 PM	B	Spin *Reservation Required Annie
6:30 PM	A	ZUMBA Yvonne
WEDNESDAY		
5:15 AM	A	Boot Camp Esther
9:00 AM	A	Tower Building Rob
5:30 PM	A	ZUMBA Rachel
6:30 PM	B	Upper Body Blast Karen
7:00 PM	A	HIGH fitness Katelyn
THURSDAY		
5:15 AM	A	ZUMBA Esther
9:00 AM	A	Muscle Conditioning Annie
6:00 PM	B	Spin *Reservation Required Annie
6:30 PM	A	ZUMBA Yvonne
8:00 PM	A	POUND Allie
FRIDAY		
5:15 AM	A	Tower Building Rob
9:00 AM	A	HIGH fitness Emily
10:00 AM	A	Tower Building Rob
SATURDAY		
9:00 AM	A	ONE Rebeca
10:00 AM	A	ZUMBA Rachel

*Room A

*Room B

CALDWELL

4108 Clock Tower Ave, Caldwell, ID 83607

MONDAY		
5:00 AM	A	Circuit Training Annie
9:00 AM	B	Pedal & Pump *Reservation Required Annie
10:10 AM	B	Yoga Dalee
6:00 PM	A	ZUMBA Yvonne
8:00 PM	A	HIGH fitness Katelyn
TUESDAY		
5:00 AM	A	Total Body Conditioning Annie
9:00 AM	A	Turbo TRICK LIVE! Lindsay
6:30 PM	A	Tower Building Rob
WEDNESDAY		
5:00 AM	A	Circuit Training Annie
6:00 AM	B	Yoga Dalee
9:00 AM	A	Total Body Strength Annie
6:00 PM	B	Spin *Reservation Required Annie
7:00 PM	A	ZUMBA Yvonne
THURSDAY		
5:00 AM	A	Total Body Conditioning Annie
9:00 AM	A	HIGH fitness Emily
6:30 PM	A	Tower Building Rob
FRIDAY		
5:00 AM	A	Circuit Training Annie
9:00 AM	B	Pedal & Pump *Reservation Required Annie
SATURDAY		
7:00 AM	A	MMA Conditioning Annie
8:00 AM	B	Spin *Reservation Required Annie
8:30 AM	A	POUND Allie/Jennifer
9:30 AM	A	SHINE DANCE FITNESS Julie

*Room A

*Room B