

Come and join

The Breakfast Club

Idaho Athletic Club's newest group fitness class.
Featuring plyometrics, weight training, cardio,
martial arts, sports training, and some of Idaho's best
personal trainers. Let us help you lose weight, look
better, and feel great, all before work starts.

When: 5:10 A.M. Monday and Wednesday, starting Oct. 7 thru. 14

Where: The State Street Idaho Athletic Club's group exercise room

Who: Anyone is welcome to try the class at no cost.
Bring your friends!!!



Sign up at the front desk or contact Toby Barr at 208-550-0083