

Idaho Athletic Club

www.IdahoAthleticClub.com

5251 E. Exchange Way, Nampa, ID 83687

Group Fit Studio

Revised 2/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Boot Camp		Boot Camp		
6:00am	H.I.I.T		H.I.I.T			
8:00am						H.I.I.T
9:00am	Get Ripped	Turbo Kick®	Get Ripped	Turbo Kick®	Core Power	PiYo
10:00am	Zumba®	Yoga** (10:15)	Zumba®	Yoga** (10:15)	Zumba®	Zumba®
11:00am	PiYo		PiYo			ZumbAtomic®
12:00pm	Movers		Movers			
5:00pm	Booty Beat***		Booty Beat		Booty Beat	
5:15pm		Power 45		Power 45		
6:00pm	Turbo Kick®	Zumba®	Turbo Kick®	Zumba®	Turbo Kick®	
7:00pm	Get Ripped	PiYo	Get Ripped	PiYo		

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Cycle	Cycle	Cycle	Cycle	Cycle	
9:00am	Cycle	Cycle	Cycle	Cycle		Cycle
6:00pm	Cycle	Cycle	Cycle	Cycle		

Water

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	H2O Fit	H2O Fit	H2O Fit	Aqua Zumba®	H2O Fit	Aqua Zumba®
5:30pm	H2O Fit	Aqua Zumba®	H2O Fit	Aqua Zumba®		

* The pool is closed one hour for cleaning on Friday from 2:30pm to 3:30pm.

* All classes subject to change.

* Some classes have limited space - please show up on time.

* Lap swimming or personal pool use is not allowed 10 minutes prior to and during a class session.

* All classes are 55 minutes, unless otherwise noted.

** Yoga is a 75 minute class.

*** Booty Beat class is starting Wed. Feb. 8th

~Club Hours~

Mon-Thur 24 hrs
until close 11pm Friday
Sat-Sun 8am - 8pm

~Family Swim Time~

Fri 6pm-9pm
Sat 2pm-7pm
Sun 12pm-4:30pm

~Kids Club Day Care~

Mon-Thur 8:45am - 8pm
Fri 8:45am - 7pm
Sat 8:45am-12pm