

Idaho Athletic Club

www.IdahoAthleticClub.com

5251 E. Exchange Way, Nampa, ID 83687

(208) 442-6378

Group Fit Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------|-------------|-------------|-------------|------------|-------------|--------|
| 5:30am | | Boot Camp | Zumba® | Boot Camp | | | |
| 8:00am | | | | | | | |
| 9:00am | Get Ripped | Turbo Kick® | Get Ripped | Turbo Kick® | Core Power | Turbo Kick® | |
| 10:00am | Zumba® | Yoga | Zumba® | Yoga | Zumba® | Zumba® | |
| 11:00am | | | | | | | |
| Noon | | | | | | | |
| 5:00pm | Dance Jam | | Zumba® | | | | |
| 6:00pm | Turbo Kick® | Zumba® | Turbo Kick® | Zumba® | | | |
| 7:00pm | Get Ripped | PiYo | Get Ripped | PiYo | Dance Jam | | |
| 8:00pm | | | | | | | |

Cycle Studio

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

Water

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------|-------------|-----------|-------------|---------|----------|--------|
| 9:00am | H2O Fit | H2O Fit | H2O Fit | Aqua Zumba® | H2O Fit | | |
| 10:00am | | | | | | | |
| 5:30pm | H2O Fit | Aqua Zumba® | H2O Fit | H2O Fit | | | |

* 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 during a class session.

* All classes are 55 minutes, unless otherwise noted.

~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 - 6pm
Sat 8:45am-12pm