



4623 Enterprise- Caldwell, Idaho - Phone (208)459-0729 Fax (208)455-0286 [www.idahoathleticclub.com](http://www.idahoathleticclub.com). FEB- 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	<b>Aerobics</b>	<b>Aerobics</b>	<b>Aerobics</b>	<b>Aerobics</b>	<b>Aerobics</b>		
5:30 am	STEP		STEP		STEP		
8:00 am	AAA All About Abs	CHISELED	AAA All About Abs	CHISELED	AAA All About Abs		
8:30 am	STEP EXPLOSION		STEP EXPLOSION		STEP EXPLOSION		
9:00 am		SILVER ACTION		SILVER ACTION		STRENGTH	
9:30m	PUMP IT		PUMP IT		PUMP IT		
10:00 am	FIT4ALL	PI-YO PILATES-&-YOGA	FIT4ALL	PI-YO PILATES-&-YOGA	FIT4ALL	ZUMBA	
11:00am						HIIT	
12:00pm		ZUMBA		ZUMBA			
5:00pm	HIIT		HIIT				
6:00 pm	KICK IT UPCARDIO	BOOTCAMP	KICK IT UPCARDIO	BOOTCAMP			
6:45pm	GET PUMPED		GET PUMPED				
7:00 PM		YOGA		YOGA			
7:30 pm	ZUMBA		ZUMBA				
	<b>Cycle</b>	<b>Cycle</b>	<b>Cycle</b>	<b>Cycle</b>	<b>Cycle</b>		
5:00 am		CYCLE		CYCLE			
8:00am						CYCLE	
9:00am		CYCLE		CYCLE			
5:30 pm	CYCLE		CYCLE				
6:30PM		CYCLE		CYCLE			
	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>		
9:00 am	H2O FIT		H2O FIT		H2O FIT		
10:00 am	AQUA ACTION	AQUA MOTION	AQUA ACTION	AQUA MOTION	AQUA ACTION		
5:30 pm		WATER CRAZE		WATER CRAZE			

**~Club~**

M-F 4:30AM – 11PM  
 Saturday 8AM – 8PM  
 Sunday 8AM – 8PM

**~Family Swim~**

Friday 6PM – 9PM  
 Saturday 1PM – 5PM  
 Sunday Noon – 5 PM

**~Day Care~**

M-TH 8- 1 AND 3-8:30  
 Friday 8-1 AND 3-6  
 Saturday 8-Noon