



# Idaho Athletic Club

www.IdahoAthleticClub.com 1450 E Fairview Ave, Meridian, ID Phone (208) 888-0060  
 Group Fit Coordinator: Angie Williams **EFFECTIVE Jan 2012**

## GROUP FIT STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		Step		Step		
6:00am	Core Pilates	Strength Training	Core Flexibility	Strength Training		
8:00am						
8:30am		Yoga (1.5 hours)		Yoga (1.5 hours)		
9:00am	Zumba®		9:00 - Step 9:30 - Strength		9:00 - Step 9:30 - Strength	Zumba®
10:00am	Step (until Feb 6) Turbo Kick® (Feb 6)	Boot Camp	Zumba®	Boot Camp	Zumba®	
11:00am	Pilates	Movers & Shakers		Movers & Shakers	Pilates	
Noon						
4:30pm						
5:30pm	Strength Training	Boot Camp		Boot Camp		
6:30pm	Step	Strength Training	Zumba®	Step		
7:30pm	Flirty Girl Dance		PiYo™	Zumba®		

## CYCLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		Cycle		Cycle		
5:30am	Cycle		Cycle		Cycle	
9:00am	Cycle (9:05)	Cycle (9:05)	Cycle (9:05)	Cycle (9:05)	Cycle (9:05)	Cycle
6:30pm	Cycle	Cycle	Cycle			

## WATER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Aqua Aerobics				Aqua Aerobics	
9:00am	Aqua Aerobics	Water Waves	Aqua Aerobics	Water Waves	Aqua Aerobics	
9:30am						Water Waves
1:00pm	Senior Splash		Senior Splash		Senior Splash	
6:00pm			Aqua Zumba®			

### ~Club Hours~

Mon-Fri 5:00am - 11:00pm  
 Saturday & Sunday 8:00am - 8:00pm

### ~Kids Club Day Care~

Mon-Thur 9:00am - 8pm  
 Fri 9:00am - 7:00pm  
 Saturday 9:00am - Noon Sunday: CLOSED

### ~Family Swim~

Friday 6pm - 9pm  
 Saturday 2pm - 7pm  
 Sunday 12pm - 4:30pm

\*All classes are 55 minutes unless otherwise noted