



GROUP X FITNESS PROGRAMS

2340 S. Eagle Rd - Boise, Idaho - Phone (208) 884-5251 - www.idahoathleticclub.com March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics
5:45 AM		Step and Strength	Kickboxing	Cardio Intervals		
9:00 AM	Cardio Intervals	Turbo Kick	Cardio Intervals	Turbo Kick	Cardio Intervals	
10:00 AM	Yoga	Power Pilates (10:15)	Yoga	Power Pilates (10:15)	Yoga	
5:30 PM	Strength Training	Kickboxing	Strength Training			
6:00 PM						
6:30 PM	Yoga		Yoga			

~Club~

M-F 5AM – 11PM
 Saturday 8AM – 8PM
 Sunday 8AM – 8PM

~Day Care~

M-Th 8:30 AM – 12:30 PM
 3:30 PM – 8:30 PM
 Friday 8:30 AM – 1:30 PM
 Saturday 8:30 AM - Noon