

February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
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AEROBIC

6:00 am	STRENGTH	INTERVAL EXPRESS	STRENGTH	INTERVAL EXPRESS	STRENGTH		
8:00 am		CIRCUIT		CIRCUIT	CIRCUIT	(8:15) Yoga	
9:00 am	PILATES	YOGA	PILATES	YOGA	PILATES	(9:30) Step	ZUMBA
10:00 am	BOOT CAMP	PILATES	ZUMBA	PILATES	BOOT CAMP		PILATES
11:00 am	FITNESS BALANCE	SENIOR YOGA	CHAIR YOGA "Easy does it"	SENIOR YOGA	FITNESS BALANCE		
12:00 pm	STRENGTH	ZUMBA	STRENGTH	ZUMBA	(12:30) Core Express 30 minutes		
4:30 pm	YOGA	H.I.I.T.					
5:30 pm	BOOT CAMP	STEP	STRENGTH	STEP			
6:30 pm	STRENGTH	YOGA	CARDIO KICK BOX	YOGA			
7:30 pm	PILATES		PILATES				

CYCLE

5:10 am	CYCLE 50 Minutes		CYCLE 50 minutes		CYCLE 50 minutes		
6:00 am		CYCLE 45 Minutes		CYCLE 45 Minutes			
9:00 am	CYCLE		CYCLE		CYCLE	CYCLE	
12:00 pm					Cycle Express 30 Minutes		
5:30 pm		CYCLE		CYCLE			

POOL

8:00 am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
9:00 am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
5:00 pm		Aqua Aerobics		Aqua Aerobics			

Note: Classes are 55 minutes unless noted above

IDAHO ATHLETIC CLUB/ STATE STREET – 2999 N. LAKE HARBOR AVE. BOISE , ID 83703

~Club~

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

~Family Swim~

Friday 6PM – 9PM
Saturday 2PM – 7PM
Sunday Noon – 4:30PM

~Day Care~

M-T 8:30AM – 8:pm
Friday 8:30--6:30pm
Saturday 9-12:00