

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			Zumba®				
6:00pm	Turbo Kick®	Zumba®	Turbo Kick®	Zumba®			
7:00pm	Get Ripped	PiYo	Get Ripped	PiYo			
8:00pm							

Cycle Studio

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

Water

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	H2O Fit		H2O Fit		H2O Fit		
10:00am		H2O Fit		H2O Fit			
5:30pm	H2O Fit	H2O Fit	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.

~Group Fit Coordinator~

Pamela

~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