



Idaho Athletic Club

4623 Enterprise- Caldwell, Idaho Phone (208)459-0729 Fax (208)455-0286 www.idahoathleticclub.com SEPT - 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics		
5:30 am	STEP		STEP		STEP		
8:00 am	AAA All About Abs	CHISELED	AAA All About Abs	CHISELED	AAA All About Abs	ZUMBA	
8:30 am	STEP EXPLOSION		STEP EXPLOSION		STEP EXPLOSION		
9:00 am		SILVER ACTION		SILVER ACTION		STRENGTH	
9:30 am	PUMP IT		PUMP IT		PUMP IT		
10:00 am	FIT4ALL	PI-YO PILATES-&-YOGA	FIT4ALL	PI-YO PILATES-&-YOGA	FIT4ALL		
12:00 pm		ZUMBA GOLD		ZUMBA GOLD			
5:30 pm		STRENGTH		STRENGTH			
6:00 pm	KICK IT UPCARDIO	STEP	KICK IT UPCARDIO	STEP			
6:30 pm					ZUMBA		
6:45 pm	BOOT CAMP		BOOT CAMP				
7:00 pm		YOGA		YOGA			
7:30 pm	ZUMBA		ZUMBA				
	Cycle	Cycle	Cycle	Cycle	Cycle		
5:30 am		CYCLE		CYCLE			
8:00 am						CYCLE	
9:00 am		CYCLE		CYCLE			
10:00 am							
6:00 pm	CYCLE		CYCLE				
6:30 pm		CYCLE		CYCLE			
	Pool	Pool	Pool	Pool	Pool		
9:00 am	H2O FIT		H2O FIT		H2O FIT		
10:00 am	AQUA ACTION	AQUA MOTION	AQUA ACTION.	AUQA MOTION	AQUA ACTION		
5:30 pm	WATER CRAZE.	WATER CRAZE.	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