



# GROUP X FITNESS PROGRAMS

2340 S. Eagle Rd - Boise, Idaho - Phone (208) 884-5251 - [www.idahoathleticclub.com](http://www.idahoathleticclub.com) July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>Aerobics</b>	<b>Aerobics</b>	<b>Aerobics</b>	<b>Aerobics</b>	<b>Aerobics</b>	<b>Aerobics</b>
5:45 AM		Step and Strength	Kickboxing	Cardio Intervals		
8:30 AM						Zumba
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	Zumba	Yoga			