

Spring 2016 Group Exercise Program Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
	8:30-9:00am Barre Burn Debbie	6:15 - 7:00am Insanity Live!!! Sherri	8:15-9am Movement Meditation Marina 8:30-9:00am Barre Burn Debbie	6:15 - 7:00am Insanity Live!!! Sherri 8:00-8:50am PowerYoga/Core Brandi
9am Power Circuit	9am Cardio KickBox Debbie	9am Power Circuit Debbie	9am Cardio kickBox Debbie	9am Power Circuit Brandi
10am Senior Fitness	10am AquaFit Chelsey	10am Senior Fitness Debbie	10am AquaFit Chelsey	10am Senior Fitness Brandi
5:30pm Power Circuit Brandi	5:30pm Cardio KickBox Angel	5:30pm Power Circuit Brandi 6:15-7:15pm Zumba Andrea/Kari Adult Swim Fit 6:30pm Kim	5:30pm Cardio KickBox Angel	

Class Descriptions:

Power Circuit: 45 min. Different exercises (body weight, free weights, and core work). You will complete 3 rounds of each exercise for 45 sec. A break is in between each round.

Cardio Kickboxing: 1 hour. A fun, action-packed workout that combines martial arts, boxing and dance moves. You get a challenging cardiovascular and full body workout as you kick, punch, block and move, ending with abdominal and light stretching.

Senior Fitness: 1 hour. Mon/Fri is a "lighter" version of the Power Circuit and Wed. is a lighter version of the Cardio Kickboxing class.

AquaFit: 45 min. 5 minute warm-up, 35 minutes of low-impact, water-resistance cardio and strength exercises. Improves endurance and saves joints! 5 minutes of cool down and stretches.

Adult Swim Fit: 1 hour of adult interval lap swimming. Improves stroke technique, endurance & strength.

Barre Burn: 30 min. Exercises using the bar to strengthen, tone, and balance the entire body. Toning exercises for the glutes, legs, torso, and arms.

Insanity Live!!!: Is challenging, group focused athletic training, cardio conditioning and total-body strength drills, designed for people of all levels.

PowerYoga/Core: 30 min. of yoga holding poses & balance w/15 min. of specific Core work.

Movement/Meditation: All Levels. Focus on basic meditation. 5 min of discussion, 20 min of stretching, and/or self-massage, & relaxation exercises, followed by 20 min of silent meditation. FREE TO ALL!

Zumba: A Latin based dance movement class designed for cardio exercise



208-634-5838

Spring 2016 Children's Program Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
	10:15-11am Tiny Tot Gym 18mo-3yrs Debbie			
	3:45-4:30pm Gymnastics 1 4-6 yrs. Debbie	3:45-4:15pm Intro to Gymnastics 1 Ages 6-8yrs Jenny 4:15-5:00pm Intro to Gymnastics 2 Ages 8 and up Jenny	4:00-4:45pm Kids Cardio Ages 4-12yrs Kevin	

Costs: -Punch Card-\$40.00 for 10 punches (1 punch per class per child) or \$5.00 Drop-in. Swim Lesson prices are different. Gold Card-All classes included

Class Descriptions:

Tiny Tot Gym: 45 min. Parent driven, motor skill development, child socialization

Intro to Gymnastics: 45 min. Stretching, basic tumbling skills (cartwheels, handstands, somersaults) bar/beam development skills.

Kids Cardio: 45 min. Fun activities for the kids to burn off some extra energy. Running, drills, Strength work, agility, etc.

Club Hours- 6am to 9pm Weekdays 9am to 9pm Sat. 9am to 5pm Sun.