



GROUP FITNESS CLASS SCHEDULE

All group classes are open to individuals of all fitness levels. \$5 drop-in for Basic and \$10 for Non-Members.

July 2022

***All Classes are taught by instructors who care deeply about all fitness levels, and will modify accordingly.**

PARAMOUNT

4940 N. Elsinore Ave., Meridian, ID 83646

MONDAY		
7:00 AM	Cardio Fuse	Candi/Katelyn
9:30 AM	Yoga	Candi
8:00 PM	HIGH <small>low</small>	Janelle
TUESDAY		
6:15 AM	Spin*	Emily
9:15 AM	Tower Building	Rob
8:00 PM	UJAMBI	Claire
WEDNESDAY		
6:15 AM	Strength Intervals	Molly
10:00 AM	HIGH fitness	Trina
8:00 PM	Cardio Fuse	Janelle
THURSDAY		
6:15 AM	Spin*	Emily
10:00 AM	HIGH fitness	Trina
8:00 PM	URGE FIT	Lara
FRIDAY		
7:00 AM	Cardio Fuse	Candi
9:00 AM	HIGH fitness	Teddi
5:30 PM	POUND <small>BODY BLAST</small>	Deena
SATURDAY		
8:30 AM	HIGH fitness	Candi/Krista
10:30 AM	Tower Building	Rob

FRANKLIN

1535 W. Franklin RD., Meridian, ID 83642

MONDAY		
5:30 AM	Elektric Barre	Teddi
10:00 AM	HIGH <small>low</small>	Becca
1:00 PM	Spin* Gentle Yoga	Christine
8:00 PM	Spin*	Stephanie
TUESDAY		
6:15 AM	Cross Training	Teddi
8:15 AM	URGE FIT	Lara
WEDNESDAY		
10:00 AM	Spin*	Emily
1:00 PM	Spin* Gentle Yoga	Christine
8:00 PM	Spin*	Stephanie
THURSDAY		
6:15 AM	Cross Training	Ingrid
10:00 AM	Upbeat Barre	Denielle
FRIDAY		
8:00 AM	Spin*	Emily
10:30 AM	Elektric Barre	Teddi
SATURDAY		
8:00 AM	HIGH <small>low</small>	Becca
9:30 AM	*NEW CLASS BEGINNING JULY 9 TH Body Blast	Janelle

COLE VILLAGE





3361 Cole RD., Boise, ID 83704

MONDAY		
9:00 AM	Spin & Core	Ingrid
6:00 PM	POUND <small>BODY BLAST</small>	Amanda L.
TUESDAY		
10:00 AM	HIGH fitness	Teddi
6:30 PM	DOLA <small>YOGA & PILATES</small>	Michelle
WEDNESDAY		
9:00 AM	Spin	Ingrid
6:00 PM	POUND <small>BODY BLAST</small>	Amanda L.
THURSDAY		
5:15 AM	HIGH fitness	Teddi
6:30 PM	Boot Camp	Amanda W.
FRIDAY		
9:00 AM	Spin	Ingrid
SATURDAY		
10:30 AM	HIGH fitness	Teddi

Schedule Subject to change- Check our website
<http://www.idahofitnessfactory.com/>

FAIRVIEW

11600 W. Fairview Ave, Boise, ID 83713

MONDAY		
10:00 AM	Barre Above	Denielle
TUESDAY		
7:00 PM		Stephanie/ Becca
WEDNESDAY		
10:00 AM		Teddi
THURSDAY		
9:30 AM	Tabata	Candi
7:00 PM		Stephanie/ Becca
FRIDAY		
9:00 AM		Brynn
SATURDAY		
8:30 AM	Yoga	Amanda W.






STATE STREET

3344 State Street, Boise, ID 83703

MONDAY		
6:00 AM	Strength & Conditioning	Ingrid
12:00 PM	Boot Camp	Teddi
6:00 PM		Cheri
TUESDAY		
6:00 PM		Jennifer
WEDNESDAY		
6:00 AM	Strength & Conditioning	Ingrid
12:00 PM	Boot Camp	Teddi
6:00 PM	Elektric Barre	Teddi
THURSDAY		
6:00 PM		Deena
FRIDAY		
6:00 AM	Strength & Conditioning	Meagan
12:00 PM	Boot Camp	Amanda W.
SATURDAY		
8:00 AM		Amanda L

FALL RIVER - NAMPA

980 S. Rising Sun Dr., Nampa, ID 83686

MONDAY			
5:15 AM	A	Tower Building	Rob
9:00 AM	B	Spin & Core	Kim C.
7:00 PM	A		Jill
TUESDAY			
9:00 AM	A	Spin & Sculpt	Karen
10:15 AM	B	Yoga	Dalee
7:00 PM	A		Yvonne
WEDNESDAY			
5:15 AM	A	Tower Building	Rob
THURSDAY			
9:00 AM	A	Spin & Sculpt	Karen
10:15 AM	B	Yoga	Dalee
7:00 PM	A		Allie
FRIDAY			
5:15 AM	A	Tower Building	Rob
9:00 AM	B		Karen
SATURDAY			
9:00 AM	B		Kim C.

CALDWELL

4108 Clock Tower Ave, Caldwell, ID 83607

MONDAY			
5:00 AM	A	Strength & Conditioning	Amanda W.
10:15 AM	B	Yoga	Dalee
5:30 PM	B	HIIT Spin	Kim D.
TUESDAY			
5:30 PM	B	Spin & Core	Kim C.
WEDNESDAY			
5:30 PM	A		Yvonne
THURSDAY			
5:00 AM	A	Strength & Conditioning	Amanda W.
5:30 PM	B	HIIT Spin	Rickey
SATURDAY			
7:00 AM	A	Boot Camp	Amanda W.

Schedule Subject to change- Check our website
<http://www.idahofitnessfactory.com/>

A = Room A
 B = Room B
 * = Reservations Required
 = Senior Friendly Class