

GROUP FITNESS CLASS SCHEDULE



All group classes are open to individuals of all fitness levels.
Group classes are FREE for PREMIUM members. Punch cards are available for BASIC members and all non-members. We'd love to hear from you! Please contact us with questions and/or suggestions at info@idahofitnessfactory.com

FEBRUARY 2018

Fairview

11600 W. Fairview Ave., Boise, ID 83713

MONDAY		
7:00 PM		Becky
TUESDAY		
5:30 AM	Strength & Conditioning	Amanda
WEDNESDAY		
6:00 PM		Sara
7:00 PM		Katherine
THURSDAY		
5:30 AM	Yoga	Amanda
7:00 PM	HIIT	Colin
SATURDAY		
9:00 AM		Todd

Everest Lane

2270 W. Everest Lane, Meridian, ID 83646

MONDAY		
6:00 AM		Candi
10:00 AM	Spin	Kimber
6:00 PM		Sara
7:00 PM	Cross Training	Jimmy
TUESDAY		
9:30 AM	Strength & Conditioning	Amanda
6:00 PM	Cross Training	Jimmy
WEDNESDAY		
10:00 AM		Candi
6:00 PM		Todd
7:00 PM	Yoga	Amanda
THURSDAY		
9:30 AM	Strength & Conditioning	Amanda
6:00 PM	RESERVED	
FRIDAY		
6:00 AM		Candi
9:00 AM	Vinyasa Yoga Flow	Celeste
SATURDAY		
8:00 AM		Heidi

Franklin

1535 W. Franklin Rd., Meridian, ID 83642

MONDAY		
9:15 AM	Yoga	Christine
6:00 PM	Starting the 12th	Michelle
7:00 PM		Ashley
TUESDAY		
6:15 AM	Cross Training	Brandon
6:00 PM		Heather & Lynn
7:00 PM		Candi
WEDNESDAY		
4:30 PM	Strength & Conditioning	Amanda
7:00 PM		Ashley
THURSDAY		
9:15 AM	Yoga	Christine
7:00 PM		Candi
FRIDAY		
6:00 PM	Boot Camp	Jimmy
SATURDAY		
8:00 AM		Candi
9:00 AM		Candi

Cole Village

3361 N. Cole Rd., Boise, ID 83704

MONDAY		
9:30 AM	Women & Weights Cross Training	Lori
6:00 PM	 Jennifer	
7:00 PM	 Sunny	
TUESDAY		
9:30 AM	Spin	Lori
6:00 PM	Kettlebell Strength Training	Griff
WEDNESDAY		
9:30 AM	Women & Weights Cross Training	Lori
6:00 PM	Cross Training	Jimmy
7:00 PM	 Yvonne	
THURSDAY		
9:30 AM	Spin	Lori
6:00 PM	 Sunny	
7:00 PM	 Danica	
SATURDAY		
8:30 AM	Yoga	Amanda
9:30 AM	Spin	Lori

We would love to hear from you!







Please tell us what you think of our schedule,
classes, instructors and staff.

We want to be your gym!

Email us at info@idahofitnessfactory.com












State Street

3344 State Street, Boise, ID 83703

MONDAY		
6:00 AM	Strength & Conditioning	Amanda
6:00 PM	Functional Hiit	Ed
7:00 PM	 Stephanie	
TUESDAY		
6:00 AM	 Haley	
6:00 PM	Boot Camp	Amanda
7:00 PM	 Carly	
WEDNESDAY		
6:00 AM	HIIT	Amanda
6:00 PM	Yoga	Shelly
THURSDAY		
6:00 AM	 Haley	
6:00 PM	Cross Training	Jimmy
7:00 PM	 Ashley	
FRIDAY		
6:00 AM	Strength & Conditioning	Amanda
SATURDAY		
8:00 AM	 Carly	

Fall River- Nampa

980 S. Rising Sun Dr. Nampa, ID 83686

MONDAY		
9:00 AM	 Lara/Rachel	
5:30 PM	*Sign *Pedal LeeAnna	
6:00 PM	up Pump LeeAnna	
6:30 PM	Required* *Pedal LeeAnna	
7:00 PM	 Pat	
TUESDAY		
5:00 AM	Circuit	LeeAnna
6:00 AM	Yoga	Leslie
9:00 AM	 Lara/Lindsay	
10:00 AM	Yoga	Lara/Leslie
6:00 PM	 Yvonne	
WEDNESDAY		
5:30 AM	Boot Camp	Jennie
9:00 AM	 Rachel	
6:00 PM	Barre	Pat
7:00 PM	 Janelle	
THURSDAY		
5:00 AM	Yoga	Leslie
9:00 AM	 Lara/Lindsay	
6:00 PM	 Yvonne	
7:00 PM	 Pat	
FRIDAY		
6:00 AM	 Pat	
9:00 AM	Yoga	Leslie
SATURDAY		
10:00 AM	 Yvonne	