

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

JANUARY 2018

Fairview

11600 W. Fairview Ave., Boise, ID 83713

MONDAY

7:00 PM		Becky
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WEDNESDAY

6:00 PM		Sara
7:00 PM		Katherine

THURSDAY

7:00 PM	HIIT	Colin
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SATURDAY

8:30 AM		★ Todd ★
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★ Free This Month ★

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
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6:00 PM RESERVED

FRIDAY

6:00 AM		Candi
9:00 AM	Vinyasa Yoga Flow	Celeste

SATURDAY

8:30 AM		Heidi
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Franklin

1535 W. Franklin Rd., Meridian, ID 83642

MONDAY

9:15 AM	Yoga	Christine
7:00 PM		Ashley

TUESDAY

6:15 AM	Cross Training	Brandon
6:00 PM		Heather & Lynn

7:00 PM		Candi
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WEDNESDAY

4:30 PM	Strength & Conditioning	Amanda
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7:00 PM		Ashley
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THURSDAY

9:15 AM	Yoga	Christine
7:00 PM		Candi

FRIDAY






6:00 PM	Boot Camp	★ Jimmy ★
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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

State Street

3344 State Street, Boise, ID 83703

MONDAY		
6:00 AM	Strength & Conditioning	Amanda
7:00 PM	Yoga	Shelly
TUESDAY		
6:00 AM	 Haley	
6:00 PM	Boot Camp	★ Amanda ★
7:00 PM	 Carly	
WEDNESDAY		
6:00 AM	HIIT	Amanda
6:00 PM	Kettlebell Strength Training	Griff
7:00 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		
6:00 AM	Spin	Polly
9:00 AM	 Lara/Rachel	
6:00 PM	Pump & Pedal	LeeAnna
TUESDAY		
6:00 AM	Circuit	★ LeeAnna ★
9:00 AM	 Lara/Lindsay	
10:00 AM	Yoga	Lara/Leslie
WEDNESDAY		
6:00 AM	Boot Camp	Jennie
9:00 AM	 Rachel	
6:00 PM	Barre	Pat
THURSDAY		
6:00 AM	Spin	Polly
9:00 AM	 Lara/Lindsay	
6:00 PM	 Yvonne	
FRIDAY		
6:00 AM	 ★ Pat ★	
SATURDAY		
10:00 AM	 Yvonne	

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