

Wellness Center 2021 Class Schedule (4/2021)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Main Pool Open 6:00am - 10:00am				
		Boot Camp 6:00am-7:30am		Boot Camp 6:00am-7:30am	
	Aqua Fitness 8:30am-9:30am	Aqua Fitness 8:30am-9:30am	Aqua Fitness 8:30am-9:30am	Aqua Fitness 8:30am-9:30am	Aqua Fitness 8:30am-9:30am
		*Yoga by BeachBody 9:00am-9:45am		*Yoga by BeachBody 9:00am-9:45am	
	*Yoga by BeachBody 11:00-11:45pm		*Yoga by BeachBody 11:00-11:45pm		
	Cedar Strong 10:00am-11:00am		Cedar Strong 10:00am-11:00am		Cedar Strong 10:00am-11:00am
Mid-Day	Main Pool Open 11:00am - 1:00pm				
	Zumba 12:15pm-1:00pm	BoxFit 12:00pm-1:00pm	Boot Camp 12:00pm-1:00pm	BoxFit 12:00pm-1:00pm	
	*P90x 12:00pm-1:00pm	*P90x 12:00pm-1:00pm	*P90x 12:00pm-1:00pm	*P90x 12:00pm-1:00pm	*P90x 12:00pm-1:00pm
	NoonBall 12:00pm-1:30pm	Aqua Zumba 12:15pm-1:00pm	NoonBall 12:00pm-1:30pm		
Evening	Main Pool Open 3:00pm - 5:00pm				
	Basic Bootcamp 4:00pm-5:00pm		Basic Bootcamp 4:00pm-5:00pm		
	Rec Swim Team 4:00pm-5:00pm		Rec Swim Team 4:00pm-5:00pm		

Questions about our classes? Call 208.686.9355 EXT. 2500
Classes subject to change



MARIMN HEALTH
WELLNESS CENTER

Pool	Gym	Mezzanine	Aerobics Rm	* Streaming Class
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PowWow Sweat Classes on Demand

BeachBody Workouts on Demand