

# Wellness Center

## Class Schedule | Fall 2024

**FACILITY HOURS:** Mon - Fri, 5:30am - 7pm | Sat - Sun, 8am - 7pm

*\* Classes subject to change. Please visit our website for list of holiday closures.*

### AQUA FITNESS

**Mon - Fri | 8:30-9:30am**

**@ Pool**

Also called "aqua aerobics", use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity.

*Lap lane closed.*

### ZUMBA

**Mon, Wed | 12:15-1pm**

**@ Aerobics Room**

A fitness program that consists of easy to follow Latin inspired dance moves. It's a great way to burn calories, have fun, and get fit all at the same time.

### AQUA ZUMBA

**Tues | 12:15-1pm**

**@ Aerobics Room**

Splash your way into shape with an invigorating low-impact aquatic exercise.

*Lap lane closed.*

### WELLBRIETY WORKOUT

**Wed | 5-7PM**

**@ Fitness Floor**

### POOL- LAP LANE

**Mon - Fri | 6-8:15am**

**Tues | 11:30-Noon & 1-5pm**

**Mon, Wed, Thurs, Fri | 11:30-6:30pm**

### YOGA

**Tues, Thurs | 5:30-6:30pm**

**@ Aerobics Room**

### MEN'S NOON-BALL

**Mon, Wed, Fri | Noon-2pm**

**@ Gym**

### WOMEN'S NOON-BALL

**Tues, Thurs | Noon-2pm**

**@ Gym**

### POOL- MAIN

**Mon-Fri |**

**6-10am & 11:30-6:30pm**

### ON DEMAND:

- PowWow Sweat
- BeachBody



**MARIMN  
HEALTH**  
WELLNESS CENTER



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Questions about our classes? Give us a call:  
208-686-WELL (9355)

Scan for membership info:



[marimnhealth.org/wellness-center/](https://marimnhealth.org/wellness-center/)