

Wellness Center

Class Schedule | Spring 2025

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

Tue, Wed, & Thurs | 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 activities.

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

Tuesdays | 12:15-1pm
@ Pool

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

Lap lane closed.

WELLBRIETY WORKOUT

Wednesdays | 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

Tuesdays | 5:30-6:30pm
@ Aerobics Room

POOL- MAIN

Monday - Friday
6-10am & 11:30-6:30pm

MEN'S NOON-BALL

Mon, Wed, Fri | Noon-2pm
@ Gym

WOMEN'S NOON-BALL

Tues, Thurs | Noon-2pm
@ Gym

FUSION MAT PILATES

Tues | Noon-12:55pm
Thurs | 1pm-1:55pm
@ Aerobics Room

BOOT CAMP

Tues, Thurs | 6:30am-7:15am
& 5pm-5:45pm
@ Pool

Circuit style training.

SIT FITNESS

Wednesdays | 10-10:30am
@ Aerobics Room*

**Check in with front desk before class*

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/