

Wellness Center

Class Schedule | Fall 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

Tues & Thurs | 10:30-11:30am

Temporarily @Coeur Center 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 | 1:15-1:50pm

Temporarily @ Coeur Center Pool

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

Lap lane closed.

BOOT CAMP

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

@ Mezzanine above Aerobics
Circuit style training.

POOL- LAP LANE

**CLOSED JUNE 18TH-FALL
FOR RENOVATIONS**

POOL- MAIN

**CLOSED JUNE 18TH-FALL
FOR RENOVATIONS**

MEN'S NOON-BALL

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

WOMEN'S NOON-BALL

Tues, Thurs | Noon-2pm
@ Gym

YOGA

Tuesdays | 5:15-6:15pm
@ Aerobics Room

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/