

# 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 | 12:15-12:50pm**

***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

**Currently closed for renovations**

### POOL- MAIN

**Currently closed for renovations**

### MEN'S NOON-BALL

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

**@ Gym**

### WOMEN'S NOON-BALL

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

**@ Gym**

### ON DEMAND:

- PowWow Sweat
- BeachBody

Scan for membership info:



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



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

*Updated as of 9/16/2025*



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