



February 2010

Gym Hours
 Mon – Fri: 6am to 8pm
 Sat & Sun: 9am to 3pm
 208-634-7888
 rudysgym@citlink.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30 am <u>Spin</u> Scott		6:30 am <u>Spin</u> Scott		
	8:30 am <u>Power Pump</u> Barbell Class Kerry		8:30-9:45 am <u>Cardio/Strength</u> Kerry		8:30 am <u>Power Pump</u> Barbell Class Kerry	9:05 am <u>TRX Chisel</u> Kerry
	*9:45 am <u>Pilates</u> Kerry	9:00 am <u>Spin</u> Yvette		9:00 am <u>Spin</u> Sally		
10:00 am <u>Yoga</u> Rotation		10:05 am <u>Gentle Yoga</u> Yvette		10:05 am <u>Gentle Yoga</u> Yvette		
	12:05-12:55 pm <u>Boot Camp</u> Yvette					
	4:30 pm <u>Deck Reps</u> Kerry	4:30pm <u>Step</u> Yvette	4:30 pm <u>Step, Pump, Jump & Jab</u> Kerry		4:30pm <u>Gentle Yoga</u> Yvette	
	*First Monday of the month will be Pilates Basics	Coming Soon... Funk Frenzy		5:40-6:15pm <u>TRX Sport Training</u> Yvette		

Classes are taught by certified instructors and are free to members.
 Non-members - \$10/class. Class-only memberships are available.