

FITNESS CLASS SCHEDULE

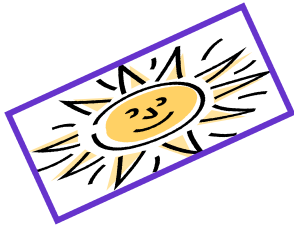
Boise Racquet & Swim Club, 1116 N. Cole Rd. 208-376-1052

AEROBICS

9:00-9:30 am (Mon. & Wed.)
9:00-10:00 am (Tue. & Thurs.)
5:30-6:30 pm (Mon. & Thurs.)

CIRCUIT TRAINING

Low Impact Aerobics—Jan
Circuit Dave / Dawna
Circuit Dawna / Dave



YOGA

9:30-10:15 am (Mon. & Wed.) Gentle Yoga / Jan
12:00-1:00 pm (Mon. & Wed.) All Levels
7:00-8:15 pm (Monday) Intermediate
7:00-8:15 pm (Tuesday) Gentle Yoga
9:00-10:00 am (Saturday) All Levels



PILATES

9:30-10:30 am (Friday) PiYO = Pilates & Yoga / Jackie

Class Cost

Tennis members & Fitness members ♥
cost included in monthly dues.

Guests: \$9.00 per class ~ 8 classes \$52.00 ~ 12 classes \$60.00

Class tickets must be used within 3 months

Questions? call Jan at 859-0972

E-mail address: coyotesdancing@clearwire.net

