

# Front Lobby Hours: (24/7 with access)



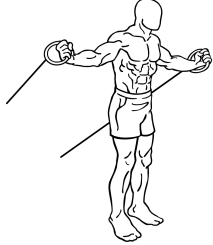
Mon-Fri ~ 8am- 7pm

Saturday ~ 8am- 12pm

Sunday ~ CLOSED

Head over to our **website** for more information: <https://www.theidahogym.com/>

## November 2021

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N/A	6:00 - 6:45 AM <b>SPIN</b> Shelby <b>**ALL LEVELS</b>	6:00 - 6:45 AM <b>SPIN</b> Terra <b>**ALL LEVELS</b>	6:00 - 6:45 AM <b>SPIN</b> Shelby <b>**ALL LEVELS</b>	6:00 - 6:45 AM <b>SPIN</b> Terra/ Shelby <b>**ALL LEVELS</b>	6:00-6:45 PM <b>SPIN</b> Marilee <b>**ALL LEVELS</b>	
N/A	8:15 AM <b>TONING &amp; PEAK CARDIO</b> Chuck <b>**ALL LEVELS</b>	8:30 AM <b>WATER FITNESS</b> <b>**SUPER 8</b> Cheryl/ Cindy <b>**ALL LEVELS</b>	8:15 AM <b>TONING &amp; PEAK CARDIO</b> Chuck <b>**ALL LEVELS</b>	8:30 AM <b>WATER FITNESS</b> <b>**SUPER 8</b> Cheryl/ Cindy <b>**ALL LEVELS</b>	8:15 AM <b>STRENGTH TRAINING</b> Joy <b>**ALL LEVELS</b>	8:15 AM <b>ZUMBA</b> Tracy <b>**ALL LEVELS</b>
N/A						
N/A	12:10 PM <b>MID DAY GRIN</b> Logan <b>**ALL LEVELS</b> <b>**NEW</b>		12:10 PM <b>MID DAY GRIN</b> Logan <b>**ALL LEVELS</b> <b>**NEW</b>			
N/A	5:30 PM <b>SPARTAN TRAINING</b> Logan <b>**ALL LEVELS</b> <b>**NEW</b>	5:30 PM <b>ZUMBA!</b> Tracy <b>**ALL LEVELS</b>	5:30 PM <b>SPARTAN TRAINING</b> Logan <b>**ALL LEVELS</b> <b>**NEW</b>	5:30 PM <b>ZUMBA!</b> Tracy <b>**ALL LEVELS</b>		

**\*\*ATTN:**

**Questions or concerns? Call: (208) 983-7504**

**\*\*Stay up-to-date with our specials and class announcements by following The Gym on Facebook!**