























IMPACT ATHLETIC

1150 East 16th Street Burley, Idaho 83318

208 678-5011 www.impactathletic.com

Begins January 6th, 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a 1 hour	 JoAnn	 Amy 30 mins	Cardio N Tone Tammy	 Amy 30 mins	 Holly	
8:30a 1 hour	 Carli	 Barre Brielle	 Brielle	 Holly	 Lindsay	
9:00a 1 hour	Yoga Holly		Yoga Emily			Mash-Up JoAnn
10:10a 1 hour		 Classic-Lana	 Yoga-Tricia/Rhonda	 Classic-Lana		
12:15p		 Jenny 30 mins		 Jenny 45 mins		
5:30p	 JoAnn	 Tammy	 JoAnn	Mash-Up JoAnn		
6:00p		Yoga Emily		Yoga Ryan		
6:35p		 Lory	 Laisa	 Lory		
Pool						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a 50 mins	Aqua Fit Tricia	Aqua Fit Julia	Aqua Fit Tricia	Aqua Fit Lana	Aqua Fit Tricia	
1:05p 50 mins	Aqua Therapy Julia		Aqua Therapy Julia		Aqua Therapy Lana	