IMPACT ATHLETIC

1150 East 16th Street Burley, Idaho 83318
www.impactathletic.com
208 678-5011 Begins January 3rd, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	CIRCUIT TRAINING Carli	SPINNING Amy 30 min.	BODYBLAST Tammy	LesMILLS sprint Amy 30 min.	LesMILLS BODYPUMP Holly	
8:15a 1 hour	HIGH fitness Holly	CIRCUIT TRAINING Brielle	LesMILLS BODYPUMP Brielle	BODYBLAST Holly	HIGH fitness Tawny	
9:20a	Yoga Kendra	LesMILLS sprint Jenny 30 min.	Yoga Kendra	SPINNING Jenny 30 min.		mashup 9:00 am JoAnn
10:10a		SilverSneakers Tawny		SilverSneakers Tawny		
5:30p	LesMILLS BODYPUMP JoAnn	HIGH fitness Holly	LesMILLS BODYPUMP JoAnn	HIIT Dance Party JoAnn		
5:30p		SPINNING Tammy				
6:00p		Yoga Kendra		Restorative Yoga Kendra		

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a 50 mins	Aqua Fit Tawny 9:10 am	Aqua Fit Julia	Aqua Fit LeAnn	Aqua Fit Tawny	Aqua Fit Tawny 9:10 am	
1:05p 50 mins	Aqua Therapy Julia		Aqua Therapy Julia		Aqua Therapy Julia/Sue	