



Hayden Group Fitness

190 W. CENTA AVE. ~ HAYDEN, IDAHO 83835 ~ 762.9014

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 to 6:45 AM			Power Pump w/Pilates Julie L		STRONG Julie L (50 min)		
7:00 to 7:45 AM		Pilates/VOGA Balance Pad Julie L		Pilates/VOGA w/Ball Julie L			
7:30 to 8:30 AM							Pilates/ Balance Pad Julie L
8:00 to 8:50 AM			STRONG Patty				
9:00 to 10:00 AM		Step & Condition Linda		Interval Step Linda			Cardio Step Linda/Roni (50 min)
9:15 to 10:15 AM			Pilates w/Ball Beth		Pilates/B Pad w/Ball Beth	STRONG Linda (50 min)	
10:00 to 10:50 AM							STRONG Linda/Roni (50 min)
10:30 to 11:30 AM	NIA Jamie		NIA Jamie		NIA Jamie		
4:30 to 5:30 PM		STRONG Roni (50 min)	Pilates w/Ball Becki	Kickboxing Angelique (50 min)	Pilates w/ Balance Pad Becki		
5:30 to 6:30 PM						VOGA Robin	
5:45 to 6:45 PM		Kickboxing Angelique	Interval Step Amber	STRONG Roni (50 min)	Step & Condition Amber		
7:00 to 8:00 PM		VOGA Beth	Non-Stop Funk Jennelle	VOGA Becca	Non-Stop Funk Jennelle		

Spinning Classes

5:30 to 6:30 AM		Spinning Trena		Spinning Trena		Spinning Trena	
7:45 to 8:45 AM							Spinning Dana/Jacki
8:00 to 8:50 AM		Spinning Julie L		Spinning Julie L		Spinning Linda	
9:15 to 10:15 AM			Spinning Patty		Spinning Patty		
3:00 to 4:00 PM	Spinning Trisha						
4:15 to 5:15 PM		Spinning Patty		Spinning Patty		Spinning Patty	
6:00 to 7:00 PM				Spinning Dana			
7:00 to 8:00 PM			Spinning Dana		Spinning Dana		

Spinning and Strong classes must be signed up for in advance, no earlier than 2 days ahead. There is a \$2.00 fee for no-shows.

Peak Hayden Hours: Monday – Friday 5 AM to 10 PM & Saturday – Sunday 7 AM to 9 PM