

# Adult Classes

## ADULT FITNESS

### CORE CONDITIONING ADULT

45-minutes of moves designed to strengthen the abdominals, obliques, lower back and trunk extensors. Extended stretching is included at the end for a complete strength and flexibility workout.

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$28.00	NONRESIDENT \$42.85	AGES LOCATION
205702-01	M/12:00-12:45 pm			Adult FBCC
1/2-2/6	Waters			
205702-02	M/12:00-12:45 pm			Adult FBCC
2/13-3/19	Waters			
205702-03	M/12:00-12:45 pm			Adult FBCC
3/26-4/30	Waters			
305702-05	M/12:00-12:45 pm			Adult FBCC
5/7-6/18*	Waters			

\*No class on 5/28

### YOGA, MIXED LEVEL ADULT

Here's a great way to increase your strength and flexibility! Effort is required to properly align the body in the yoga poses. Each class ends with a relaxation period to refresh your mind and body. Class is for mixed abilities. Students need to bring a yoga mat and two dense blankets.

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$61.00	NONRESIDENT \$94.00	AGES LOCATION
205704-01	Th/6:30-7:45 pm			Adult FBCC
1/5-2/23	Pascoe			
305704-03	Th/6:30-7:45 pm			Adult FBCC
3/1-4/19	Pascoe			
305704-04	Th/6:30-7:45 pm			Adult FBCC
4/26-6/14	Pascoe			

### PILATES

Enjoy a series of non-impact exercises to develop strength, flexibility, balance, and inner awareness, which can be done by people of all fitness levels. Muscles are strengthened and lengthened without creating bulk, which is helpful in preventing and rehabilitating from injuries.

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$37.00	NONRESIDENT \$56.80	AGES LOCATION
205701-01	W/12:00-1:00 pm			Adult FBCC
1/4-2/8	Linane			
205701-02	W/12:00-1:00 pm			Adult FBCC
2/15-3/21	Linane			
305701-03	W/12:00-1:00 pm			Adult FBCC
3/28-5/2	Linane			
305701-05	W/12:00-1:00 pm			Adult FBCC
5/9-6-13	Linane			

### ADULT TAI CHI 6+ YRS

This "soft" martial art form focuses on the physical benefits that can be achieved through practice. Tai Chi is an excellent way to enhance your health and longevity while having fun doing it!

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$43.00	NONRESIDENT \$66.10	AGES LOCATION
205703-01	M, Th/11:00 am-12:30 pm			18+ FBCC
1/2-2/2	Perry			
205703-02	M, Th/11:00 am-12:30 pm			18+ FBCC
2/6-3/8	Perry			
305703-03	M, Th/11:00 am-12:30 pm			18+ FBCC
3/12-4/12	Perry			
305703-04	M, Th/11:00 am-12:30 pm			18+ FBCC
4/16-5/17	Perry			

### KETTLEBELL BOOTCAMP

15+ YRS

Kettlebells are a full functional body workout with massive calorie burn for all-around fitness, strength, endurance, weight loss, flexibility and adding lean muscle. Kettlebells are round weights with a handle and have been used in Russia for hundreds of years. The average participant burns between 500-1000 calories in one hour. You will feel your muscles changing shape in this strength and cardio combo class.

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$61.00	NONRESIDENT \$92.45	AGES LOCATION
220147-01	T, Th/6:00-7:00			15+ Morley Nelson
1/3-1/31	Cowan			
220147-02	T, Th/6:00-7:00			15+ Morley Nelson
2/2-2/28	Cowan			
220147-03	T, Th/6:00-7:00			15+ Morley Nelson
3/1-3/29	Cowan			
320147-04	T, Th/6:00-7:00			15+ Morley Nelson
4/3-4/26	Cowan			

Registration for May only

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$76.00	NONRESIDENT \$117.25	AGES LOCATION
320147-05	T, Th/6:00-7:00			15+ Morley Nelson
5/1-5/31	Cowan			
220148-01	T, Th/7:00-8:00			15+ Morley Nelson
1/3-1/31	Cowan			
220148-02	Th/7:00-8:00			15+ Morley Nelson
2/2-2/28	Cowan			
220148-03	7:00-8:00			15+ Morley Nelson
3/1-3/29	Cowan			
320148-04	T, Th/7:00-8:00			15+ Morley Nelson
4/3-4/26	Cowan			

Registration for May only

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$76.00	NONRESIDENT \$117.25	AGES LOCATION
320148-05	T, Th/7:00-8:00			15+ Morley Nelson
5/1-5/31	Cowan			

### ZUMBA 18 YRS +

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Pre-registration is available or come and drop in. Drop in Fee: \$10.00

ACT # DATE	DAY/TIME INSTRUCTOR	RESIDENT \$33.00	NONRESIDENT \$50.60	AGES LOCATION
211740-11	M/12:45-1:45 pm			18+ FBCC
1/9-1/30	Wickstrom			
211740-12	M/12:45-1:45 pm			18+ FBCC
2/6-2/27	Wickstrom			
311740-13	M/12:45-1:45 pm			18+ FBCC
3/5-4/2	Wickstrom			

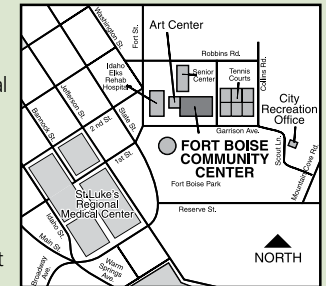
Class will not meet 3/26

311740-14	M/12:45-1:45 pm			18+ FBCC
4/9-4/30	Wickstrom			
311740-15	M/12:45-1:45 pm			18+ FBCC
5/7-5/28	Wickstrom			

## FORT BOISE COMMUNITY CENTER 608-7680

### Get fit and have fun at Fort Boise Community Center!

Located just north of the Idaho Elks Rehabilitation Hospital near 4th and Fort streets.



### FORT BOISE PASSES

Our passes include use of the exercise/weight room, showers, dressing rooms as well as the gymnasium for drop in basketball and volleyball. Our exercise/weight room contains stair machines, exercise bikes, universal-style weight stations, treadmills, free weights and exercise benches.

### PER VISIT

Youth (12-17) Youth Priority Time	.....\$ 50
Youth (12-17) Non-Priority Time	.....\$ 2.00
Adult (18 - 61)	.....\$ 4.00
Seniors (62 & up)	.....\$ 3.00

### MONTHLY

Resident	.....\$23.32
Nonresident	.....\$36.15

### ANNUAL

Resident	.....\$227.90
Nonresident	.....\$353.25

### FALL HOURS:

Mon - Thur:	7:00 am - 10:00 pm
Friday:	7:00 am - 7:00 pm
Fri teen night:	7:00 pm - 11:00 pm (open to teens only)

Saturday*:	9:00 am - 3:00 pm
Sunday*:	10:00 am - 4:00 pm

### LOCKERS, SHOWERS

(Adults only)

Mon - Thur:	7:30 am - 9:00 pm
Friday:	7:30 am - 6:00 pm
Saturday*:	9:00 am - 2:00 pm
Sunday*:	10:00 am - 3:00 pm

\*Through April 29

## STRENGTH TRAINING FOR ADULTS OF ALL AGES

A combination class for adults of all ages, this class offers a full body workout using machines and other resistance equipment and includes individual instruction on proper form and technique. Participants will make gains in muscular strength and flexibility. Classes meet at Fort Boise Community Center.

### MONDAY & WEDNESDAY, FRIDAY CLASSES

ACT# DATE	DAY/TIME INSTRUCTOR	RESIDENT NONRESIDENT
205705-01	MW/11:00-noon	\$31.00
1/2-2/1	Waters	\$47.50
205725-01	F/11:00-noon	\$16.00
1/6-2/3	Waters	\$24.25
205705-02	MW/11:00-noon	\$31.00
2/6-3/7	Waters	\$47.50
205725-02	F/11:00-noon	\$16.00
2/10-3/9	Waters	\$24.25
305705-03	MW/11:00-noon	\$31.00
3/12-4/11	Waters	\$47.50
305725-03	F/11:00-noon	\$16.00
3/16-4/13	Waters	\$24.25
305705-04	MW/11:00-noon	\$31.00
4/16-5/16	Waters	\$47.50
305725-04	F/11:00-noon	\$16.00
4/20-5/18	Waters	\$24.25



### TUESDAY & THURSDAY CLASSES

205715-01	TTh/8:45-10:00 am	\$38.50
1/3-2/2	Waters	\$59.13
205715-91	TTh/10:00-11:00 am	\$31.00
1/3-2/2	Waters	\$47.50
205715-02	TTh/8:45-10:00 am	\$38.50
2/7-3/8	Waters	\$59.13
205715-92	TTh/10:00-11:00 am	\$31.00
2/7-3/8	Waters	\$47.50
205715-03	TTh/8:45-10:00 am	\$38.50
3/13-4/12	Waters	\$59.13
305715-93	TTh/10:00-11:00 am	\$31.00
3/13-4/12	Waters	\$47.50
305715-04	TTh/8:45-10:00 am	\$38.50
4/17-5/17	Waters	\$59.13
305715-94	TTh/10:00-11:00 am	\$31.00
4/17-5/17	Waters	\$47.50

## ADVANCED STRENGTH TRAINING FOR SENIORS

(55 YRS +)

For those who have successfully completed one or more of Fort Boise's strength training classes. Participants will get a full body workout using machines and other resistance equipment, featuring individual instruction on proper form and technique. Participants will continue to make gains in muscular strength and flexibility. Class is held at FBCC.

ACT# DATE	DAY/TIME INSTRUCTOR	RESIDENT NONRESIDENT
205735-01	MWF/9:30-10:45 am	\$53.50
1/2-2/3	Waters	\$82.38
205735-02	MWF/9:30-10:45 am	\$53.50
2/6-3/9	Waters	\$82.38
305735-03	MWF/9:30-10:45 am	\$53.50
3/12-4/13	Waters	\$82.38
305735-04	MWF/9:30-10:45 am	\$53.20
4/16-5/18	Waters	\$82.38