

# TRAIN SMART PLAY HARD

## NORTH IDAHO ATHLETIC CLUB

www.niathletic.com    408 S. Main Moscow, Idaho 83843    (208) 882-7884  
**M-TH 5am-10pm    FR 5am-8pm    SAT/SUN 7am-6pm**

***YOU are our SUCCESS story!!***



CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a <b>QR</b> 5:45a	 <b>SPINNING</b> 5:45 - 6:30am	 <b>SPINNING</b> 5:15 - 6:00am		 <b>SPINNING</b> 5:15 - 6:00am	 <b>SPINNING</b> 5:45 - 6:30am		
8:15-9:15am						 <b>SPINNING</b> 8:15-9:00am	
9:00-9:45am	 <b>SPINNING</b>	 <b>SPINNING</b>	 <b>SPINNING</b>	 <b>SPINNING</b>	 <b>SPINNING</b>		
12:00-12:45pm							
5:00-5:30pm							
5:30 - 6:15pm	 <b>SPINNING</b>		 <b>SPINNING</b>				

### G R O U P X CLASS SCHEDULE

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am		<b>PILATES BC</b> 5:45 - 6:30am	<b>HIIT</b> 5:15 - 6:00am	<b>PILATES BC</b> 5:45 - 6:30am	<b>HIIT</b> 5:15 - 6:00am		
6:00-7:00am			<b>HIGH</b> 6:15-7am				
8:00, 8:30, 8:45, 9:00am <i>Start time</i>	<b>HIIT Basics</b> 8:30-9:15am <b>STEP INTRO</b> 9:20-9:50am	<b>YOGA</b> 8:00 - 9:00am <b>HIGH</b> 9:15-10am	<b>STEP</b> 9-10am	<b>YOGA</b> 8:00 - 9:00am	<b>HIIT Basics</b> 8:30-9:15am <b>HIGH</b> 9:20-9:50am	<b>HIIT</b> 8:00-8:45am <b>YOGA</b> 9:00-10:00am	

10:00am	<b>B A R R E</b> 10:00-11:00am	<b>BOOTCAMP</b> 10:00-11:00am	<b>B A R R E</b> 10:00-11:00am	<b>BOOTCAMP</b> 10:00-11:00am		<b>Strongman</b> 10:00-11:00am	
11:00 - 11:45am			Strongman				
12:00-1:00pm	<b>GPP</b>	<b>GPP</b>		<b>GPP</b>			
1:15 - 2:00pm							
4:00pm							<b>YOGA</b> <i>estore</i> <b>R</b>
<b>5:00 - 5:30pm</b> <i>Start time</i>	<b>GPP</b> 5:30-6:30pm	<b>HIIT</b> 5:30 - 6:15pm	<b>GPP</b> 5:30-6:30pm	<b>HIIT</b> 5:30 - 6:15pm			
<b>6:15-7:15pm</b>		<b>Yoga</b> 6:20-7:20pm		<b>Yoga</b> 6:20-7:20pm			

**GPP** is a Premium membership- Please speak with a member of our FrontDeskTeam for Details

## **CLASS DESCRIPTIONS**

### **All Terrain Rides**

Guided 45 minute ride on flats, hills & intervals. EXCELLENT cross training for your lower body! Classes are geared towards any fitness level! *You'll be an addict within 3 classes!*

**\* Please try to be on your bike 5-10 minutes prior to class time.  
Water Required & stiff soled shoes recommended.**

## **GROUP X CLASSES**

### **H.I.I.T. Basics**

Develop the strength and skills used in high-paced intervals and circuits! The class will target areas such as the glutes, legs, arms and core with easy-to-follow movements. FUN AND INTENSE!!

### **H.I.I.T.**

Make the most of your time! Tabatas, circuits, running AND fast paced interval work - Combines speed and functional lifts in a high-intensity atmosphere- Burn BURN BURN!

### **BOOTCAMP**

Fast paced and intense!! **BOOTCAMP** is a strength and conditioning class built on constantly varied functional movements executed at high intensity.

### **FIGHT CLUB**

Fight Club is a high-energy, non-contact group fitness class featuring boxing drills, MMA inspired combinations, cardio spikes and conditioning. A super fun way to get in a total body workout and leave feeling like a badass!

### **STEP BASICS**

Intro to Step! 30 minute class teaching the fundamentals of step choreography. This class starts with the basics and builds your confidence to join in StepRock if you so choose! Pair this class with either HIIT Basics before or BARRE just after.

### **STEP ROCK**

Enjoy great step choreography mixed. This is a high energy class with layered choreography that

conditions your cardiovascular system and challenges your brain and body!

### **Pilates**

**Pilates** improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

### **High Fitness**

High Fitness is an aerobics class that using body weight only. There are cardio, toning, narre, abs and arm tracks High is adaptable to all body types and everyone can participate!

### **B A R R E**

This class integrates the use of the barre, light weights and various props. Each class includes several highly effective sequences of toning and resistance exercises. **CREATE LONG, LEAN MUSCLES!**

### **HARDCORE**

The name is both a description and a goal! This is a 30 minute, intensive class that focuses on core stabilization, posture corrections and endurance. We will target the lower/upper abdominals, obliques, back & hip flexors.

### **YOGA**

#### **Restore**

**Restorative yoga** is a style of **yoga** that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing

### **YOGA**

**All levels welcome.** Fast paced dynamic form of yoga, where postures are linked with breath; building heat, mobility and integrated strength. Expect to work hard and then relax into savasana.

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**NO PRE-REQUISITES REQUIRED FOR CLASS ATTENDANCE ... ALL ARE WELCOME**

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## **What is **GPP**??**

GPP is NIAC's *Strength&Conditioning* program, taught by a USAW Coach (Olympic Weight Lifting). The skills being taught and practiced are functional, skill-oriented, and varied. This style of exercise/lifting is not for everyone but is becoming more and more popular in the exercise community, and we think for good reason!

### **HOW IS GPP DIFFERENT THAN HIIT or BOOTCAMP?**

This class is specifically designed to teach you the foundations of the Olympic lifts as well as gymnastic rope/ring work. Olympic Lifts will tax your neurological motor patterns as well as physical capabilities. The coaching in GPP is more one-to-one coaching and skill developing.