Current Class Schedule

Participants must be registered with the Point of Contact (POC) to attend classes.

Mon/Thurs, 12:00 - 12:50, Pilates....POC - Teresa Jones, Teresa.jones@doi.idaho.gov

Mon/Wed, 1:00 - 1:50, Tai Chi...POC - Margaret Odedo, Margaret.odedo@adm.idaho.gov

Tues/Thurs, 1:00 - 1:50, Pilates....POC - Teresa Jones, Teresa.jones@doi.idaho.gov

Tues/Thurs, 5:00 - 5:50, Zumba...POC - Jennifer Pike, jennifer.pike@adm.idaho.gov

Tuesday, 12:00 - 12:50, Yoga...POC - Kymm Benson, kymm.benson@oer.idaho.gov

Wed/Fri, 12:00 - 12:50, Bootcamp...POC - Linda Miller, linda.miller@adm.idaho.gov

Friday, 1:00 - 2:00 Yoga...POC - Jennifer Pike, jennifer.pike@adm.idaho.gov

Administered by:
The Department of Administration
For more information or scheduling, call Jennifer at 332-1826

Group Fitness Room hours are 7:00 AM—6:00 PM, Monday thru Friday (except holidays).
If the room is locked when you arrive, call Capitol Mall Security at 334-3468.