CLASSES

Monday

0600-0700	F.I.P.
0730-0830	Yoga
0900-1000	Yoga
1300-1400	Yoga
1600-1700	F.I.P.
1745-1815	Pump
1815-1900	Steps

Tuesday

0600-0700	F.I.P.
0600-0700 1100-1200	Spin
1700-1800	F.I.P.
1800-1900	Zumba

Wednesday

0600-0700	F.I.P.
0730-0830	Yoga
0900-1000	Yoga
1300-1400	Yoga
1600-1700	F.I.P.
1745-1815	Pump
1815-1915	Strong by Zumba

Thursday

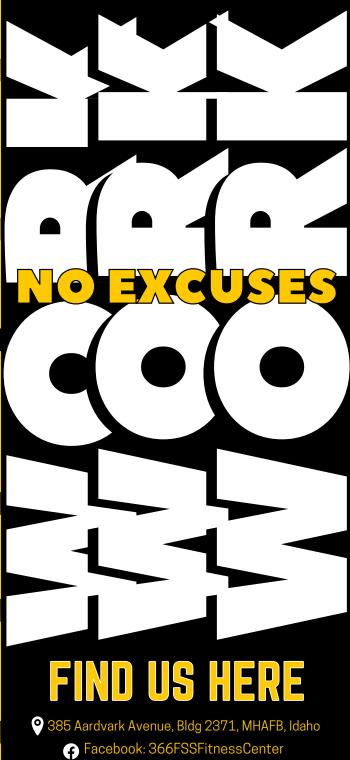
0600-0700	F.I.P.
1100-1200	Spin
1700-1800	F.I.P.
1800-1900	Spin

Friday

0600-0700	F.I.P.
0600-0700 0730-0830 0900-1000 1300-1400 1600-1700	Yoga
0900-1000	Yoga
1300-1400	Yoga
1600-1700	F.I.P.

Saturday

0915-0945 | Steps 1015-1045 | Pump



(208)828-2381

GUNFIGHTER FITNESS CENTER

EVENT CALENDAR 2023



INTRAMURALS WALK, RUN, SWIM

January

Intramural Basketball Starts Bowling League

February

Intramural Basketball Ends

March

Intramural Volleyball Starts Intramural Soccer Starts Bowling Base Championship

April

Intramural Volleyball Continues Intramural Soccer Ends

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Intramural Volleyball Ends Trap and Skeet League Golf League

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Intramural Softball Starts

July

Intramural Softball Continues Golf Base Championship

August

Intramural Softball Ends

September

Intramural Flag Football Starts

October

Intramural Flag Football

November

Intramural Flag Football Ends

December

Intramural Basketball Starts

January 20 @ 1500 | MLK 5K Run

March 17 @ 1500 | Saint Patrick's Day 5K

April 10 @ 1400 | Family Fun Run 1.5 Mile

April 28 @ 1600 | Color Run w/SAPR 5K

May 5 @ 1200 | Half Marathon 21K

May 8 @ 1630 | Mother's Day 5K

May 12 @ 1000 | Health Expo Fun Run 5K

June 9 @ 1200 | Bike Event 10k

June 16 @ 1000 | Father's Day 5K

July 7 @ 1000 | Swim Event 500m

July 21 @ 1300 | Super Soaker 5k

August 12 @ 0730-1200 | I-Tri at Strike Dam

October 13 @ 1000 | Zombie Run 5k

November 17 @ 1500 | Turkey Trot 5k

December 1 @ 1500 | Ugly Sweater 5K

Dates are subject to change on intramurals, 5K's, and events.

January

3 | Slimpossible Starts 9 | Weight Lifting Competition | 0900 & 1530

February

13 | Slimpossible Mid Weigh In 15 | Ping Pong Tournament @ 1300 24 | Gunfighter Strong | 1200-1330

March

13 | 3v3 Basketball Tournament | 1130-1330 27 | Slimpossible Final Weigh-In

April

Mav

12 | Health Expo & Fitness Day | 1000-1530 15 | Police/EMS Event | 1200

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14 | 100m-400m Dash Tournament | 1000 17 | Sports Day | 0730-1630

August

4 | Family Fun Sports Day | 1300-1500

October

20 | Firefighter Challenge Course | 1000

November

3 | Bowling Tournament | 1200-1530

December

8 | Pickleball Tournament | 1600 15 | Family Fun Day | 1200-1700