Fit and Fall Proof®

Valley, Ada, Boise, Elmore counties November 2026

City	Location	Time	Days
Boise	**Bridgepoint Church** 2530 Broadway Ave. Boise, ID 83706	10:00 AM	Tuesday-Thursday Please Call 208-327-8591
Boise	**Brookview Senior Living** 421 S Curtis Rd Boise, ID 83705	11:00 AM	Tuesday - Thursday *Main Clubhouse* *Please Call 208-327-8591*
Boise	**Cathedral of the Rockies Amity Campus** 4464 S Maple Grove Rd, Boise, ID 83709	10:00 AM	Tuesday – Thursday • ***Reopening 1/5/2027*** *Please Call 208-327-8591*
Boise	**Cloverdale Church of God** 3755 S. Cloverdale Rd. Boise, ID 83709	9:30 AM	Wednesday - Friday *Sorry Site is full* *Please Call 208-327-8591*
Boise	**Dick Eardley Boise Sr Center** 690 Robbins Rd. Boise, ID 83702	1:00 PM	Tuesday - Friday Please Call 208-327-8591
Boise	**Lake Hazel Branch Library** 690 Robbins Rd. Boise, ID 83702	12:00 PM	Tuesday - Thursday *Sorry class is full* *Please Call 208-327-8591*
Boise	**Library! at Bown Crossing** 2153 E Riverwalk Dr, Boise, ID 83706	12:00 PM	Tuesday – Thursday *Sorry, Class is full* Please Call 208-327-8591
Boise	**Library! at Collister** 4724 W State St Boise, ID 83703	9:15 AM	Tuesday – Thursday Please Call 208-327-8591
Boise	**Library! at Hidden Springs** 5868 W Hidden Springs Dr, Boise, ID 83714	9:30 AM	Monday – Thursday Please Call 208-327-8591
Boise	**Library! at Hillcrest** 5246 W Overland Rd Boise, ID 83705	10:30 AM	Monday – Wednesday Please Call 208-327-8591
Boise	**Our Lady of the Rosary Church** 1500 E Wright St, Boise, ID 83706	10:00 AM	Monday-Wednesday-Friday Please Call 208-327-8591
Boise	**Park View Rental Condos** 3110 W Crescent Rim Dr. Boise, ID 83706	9:15 AM	Monday-Wednesday-Friday
Boise	**St. Mark's Catholic Community** 7960 Northview St. Boise, ID 83704	10:00 AM	Wednesday – Friday *Sorry class is full* *Please Call 208-327-8591*
Boise	**St. Mark's Catholic Community** 7960 Northview St. Boise, ID 83704	12:30 PM	Tuesday – Thursday *Sorry Class is full* *Please Call 208-327-8591*
Boise	**The Terraces of Boise** 5301 E Warm Springs Ave	11:00 AM	Tuesday – Friday *Sorry Class is Full*

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	Boise, ID 83716		
Boise	**The Commons Climbing Gym** 4795 W Emerald St, Boise, ID 83706	10:00 AM	Monday – Wednesday *Sorry Class is full* *Please Call 208-327-8591*
Boise	**Victory Branch Library** 10664 W Victory Rd, Boise, ID 83709	12:00 PM	Tuesday-Thursday *Sorry Class is Full* *Please Call 208-327-8591*
Boise	**Eagle Senior Center** 312 State St. Eagle, ID 83616	9:00 AM	Monday-Wednesday-Friday Please Call 208-327-8591
Garden City	**Garden City Library** 6015 N. Glenwood St. Garden City, ID 83714	11:00 AM	Tuesday – Thursday Sorry, Class is FULL Please Call 208-327-8591
	For more Information Please Call **208-327-8591**		
Garden City	**Garden City Library** 6015 N. Glenwood St. Garden City, ID 83714	12:15 PM	Tuesday – Thursday Sorry, Class is FULL Please Call 208-327-8591
Garden City	**Willowbrook Association** 5601 Willowlawn Way Garden City, ID 83714	10:00 AM	Tuesday – Thursday Please Call 208-327-8591
Idaho City	**Boise Basin Sr. Center** 102 Bear Run Rd Idaho City, ID 83631	10:00 PM	Tuesday – Thursday Please Call 208-327-8591
Kuna	**Kuna Library** 457 Locust Ave. Kuna, ID 83634	11:30 AM	Monday-Wednesday-Friday Please Call 208-327-8591
Kuna	**Kuna UMC** 260 W 4th St. Kuna, ID 83634	11:30 AM	Tuesday – Thursday Please Call 208-327-8591
Meridian	**Tree City Church** 3852 N. Eagle Rd. Boise, ID 83713	10:00 AM	Tuesday – Thursday Please Call 208-327-8591
Meridian	**Holy Apostles Church** 6300 Meridian Rd. Meridian, ID 83646	9:30 AM	Monday – Wednesday Please Call 208-327-8591
Meridian	**Meridian Senior Center** 1920 N Records Way Meridian, ID 83642	9:00 AM	Tuesday – Thursday *Sorry Class is Full* Please Call 208-327-8591
Meridian	**Meridian Senior Center** 1920 N Records Way Meridian, ID 83642	10:00 AM	Tuesday - Thursday *Sorry Class is Full* *Please Call 208-327-8591*
Meridian	**Meridian Library Orchard Park** 1268 W Orch Pk Dr,	12:00 PM	Tuesday – Thursday *Sorry Class is Full*

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	Meridian, ID 83646		*Please Call 208-327-8591*
Meridian	**Meridian United Methodist** 246 E Idaho Ave Meridian, ID 83642	9:30 AM	Monday – Thursday Please Call 208-327-8591
Meridian	**Meridian United Methodist** 246 E Idaho Ave Meridian, ID 83642	10:45 AM	Monday – Thursday Please Call 208-327-8591
Meridian	**Cadence @ Bainbridge** 3720 W Sunny Cove St, Meridian, ID 83646	10:00 AM	Monday – Friday *Sorry class is full* *Please Call 208-327-8591*
Meridian	**Cadence @ Paramount** 264 W Lockhart Ln, Meridian, ID 83646	10:30 AM	Monday – Thursday Please Call 208-327-8591
Mountain Home	**Mountain Home Rec. CTR** 795 S 5th W St. Mountain Home, ID 83647	10:00 AM	Monday-Wednesday-Friday Please Call 208-327-8591
Mountain Home	**Mountain Home Rec. CTR** 795 S 5th W St. Mountain Home, ID 83647	10:00 AM	Tuesday-Thursday-Saturday Please Call 208-327-8591
Mountain Home	**Mountain Home Senior Center** 1000 N 3rd E St, Mountain Home, ID 83647	10:00 AM	Monday – Friday Please Call 208-327-8591
Mountain Home	**New Mtn Home Site** TBA TBA	TBA	Tba- Tba Please Call 208-327-8591
Star	**The River House** 960 S. Main St. Star, ID 83669	10:30 AM	Monday – Wednesday Please Call 208-327-8591

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