

Fit and Fall Proof®
Ada, Boise, Elmore, and Valley Counties 6/1/2026

City	Location	Time	Days
Boise	Bridgepoint Church 2530 Broadway Ave. Boise, ID 83706	10:00 AM	Tuesday & Thursday Held in Out Building #2 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 Temporary Halt until Sept. Please Call 208-327-8591
Boise	Cloverdale Church of God 3755 S. Cloverdale Rd. Boise, ID 83709	9:30 AM	Wednesday & Friday Sorry class 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 10489 W Lake Hazel Rd. Boise, ID 83709	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	1:00 PM	Tuesday & Friday Sorry Class is Full! Please Call 208-327-8591
Boise	Library! at Cole & Ustick 7557 W Ustick Rd. Boise, ID 83704	12:00 PM	Tuesday & Thursday Sorry Class if 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 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 Please Call 208-327-8591
Boise	St. Mark's Catholic Comm. 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 Comm. 7960 Northview St. Boise, ID 83704	12:30 PM	Tuesday & Thursday Sorry Class is also Full! Please Call 208-327-8591
Boise	The Terraces of Boise 5301 E Warm Springs Ave. Boise, ID 83716	11:00 AM	Tuesday & Friday Sorry Class is Full Please Call 208-327-8591
Boise	The Commons Climbing Gym 4795 W Emerald St, Boise, ID 83706	10:00 AM	Monday & Wednesday Sorry Clas 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

	Eagle	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 & 12:15	Tuesday-Thursday Sorry Both Classes are 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
	Glenn's Ferry	Glenn's Ferry United Methodist 215 S. Ada St Glenns Ferry Idaho, ID 83623	10:30 AM	Monday-Wednesday-Friday Space Available
	Idaho City	Boise Basin Sr. Center 102 Bear Run Rd Idaho City, ID 83631	10:00 AM	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 Temporary halt until Sept 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 & 10:00	Tuesday & Thursday Sorry Both classes are full Please Call 208-327-8591
	Meridian	Meridian Library Orchard Park 1268 W Orch Pk Dr, Meridian, ID 83646	12:00	Tuesday & Thursday Sorry Class is Full Please Call 208-327-8591
	Meridian	Meridian United Methodist 246 E Idaho Ave Meridian, ID 83642	9:30 & 10:45	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 Sorry Class is Full 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
	Star	The River House 960 S. Main St. Star, ID 83669	10:30 AM	Monday-Wednesday Please Call 208-327-8591

This presentation was made possible by NB01PW000071 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of the CDC