Gritman
MARTIN WELLNESS CENTER

Gym Schedule

208 - 883 - 9605

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30AM	**Independent Exercise** (8:30 - 9:15)	**Independent Exercise** (8:30 - 9:00)	**Independent Exercise** (8:30 - 9:15)	**Independent Exercise** (8:30 - 9:00)	**Independent Exercise** (8:30 - 9:15)
9:00AM	**PE for PD** (9:15 - 10:45)	**Movement Matters** (9:00 - 10:00)	**PE for PD** (9:15 - 10:45)	**Movement Matters** (9:00 - 10:00)	**PE for PD** (9:15 - 10:45)
9:30AM					
10:00AM		**Movement Matters** (10:00 - 11:00)		**Movement Matters** (10:00 - 11:00)	
10:30AM					
11:00AM	**PE for PD** (11:00 - 12:30)	**Independent Exercise** (11:00 - 12:00)	**PE for PD** (11:00 - 12:30)	**Independent Exercise** (11:00 - 12:00)	**PE for PD** (11:00 - 12:30)
11:30AM					
12:00PM		**Gentle PiYo** (12:00 - 1:00)		**Gentle PiYo** (12:00 - 1:00)	
12:30PM	**Independent Exercise** (12:30 – 2:00)		**Independent Exercise** (12:30 - 1:00)		**Independent Exercise** (12:30 - 1:00)
1:00PM		**PE for PD** (1:15 - 2:45)	**Movement Matters** (1:00 - 2:00)	**PE for PD** (1:15 - 2:45)	**Movement Matters** (1:00 - 2:00)
1:30PM					
2:00PM	**BoxFit** (2:00-3:00)		**BoxFit** (2:00-3:00)		**BoxFit** (2:00-3:00)
2:30PM					
3:00PM	**Movement Matters** (3:00 - 4:00)	**Movement Matters** (3:00 - 4:00)	**Movement Matters** (3:00 - 4:00)	**Movement Matters** (3:00 - 4:00)	**Independent Exercise** (3:00 - 4:30)
3:30PM					
4:00PM	**Independent Exercise** (4:00 - 4:30)	**Independent Exercise** (4:00 - 4:30)	**Independent Exercise** (4:00 - 4:30)	**Independent Exercise** (4:00 - 4:30)	
4:30PM	**PE for PD** (4:30 - 6:00)	CLOSED	**PE for PD** (4:30 - 6:00)	CLOSED	**PE for PD** (4:30 - 6:00)
5:00PM					
5:30PM					
6:00PM	**Independent Exercise** (6:00 - 6:30)		**Independent Exercise** (6:00 - 6:30)		**Independent Exercise** (6:00 - 6:30)
6:30PM					

Updated 10/26/2026

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Martin Wellness Center Rates

Multiple Class Memberships — $80/Month

- 3 Classes Per Week (BoxFit, MM, and Piyo) + Independent gym use

Specialty Programs (One option from below) — $65/Month

- 2 gym class (Movement Matters and PiYo) + Independent gym use
- PE for PD (Parkinson's Disease diagnosis required) + Independent gym use
- BoxFit + Independent gym use

One 2-Day Class Membership — $40/Month

- Movement Matters + Independent gym use
- PiYo + Independent gym use

Independent Gym Use — $40/Month

All charges will be processed at the end of each month.

For registration, please call the front desk at 208-883-9605.

*The Jeff & Becky Martin Community Wellness Center is not safe for recreational use by children. All children must be referred by a physician for therapeutic purposes only and accompanied by an adult.