

Fit and Fall Proof™

City	Location	Time	Days
Boise	12th and River Sr. Apartments 520 S 12th St. Boise, ID 83702	11:00 AM	Monday & Wednesday
Boise	Bridgepoint Church 2530 Broadway Ave Boise, ID 83706	10:00 AM	Tuesday & Thursday
Boise	Chateau de Boise Retirement Community 7250 W Poplar St. Boise, ID 83704	9:30 AM	Wednesday & Friday
Boise	Cloverdale Church of God 3755 S. Cloverdale Rd. Boise, ID 83709	9:30 AM	Wednesday & Friday
Boise	Dick Eardley Boise Senior Center 690 Robbins Road Boise, ID 83702	1:00 PM	Tuesday & Friday
Boise	Hillview United Methodist Church 8525 W. Ustick Rd. Boise, ID 83704	9:15 AM	Tuesday & Thursday
Boise	Lake Hazel Branch Library 10489 W Lake Hazel Rd. Boise, ID 83709	12:00 PM	Tuesday & Friday Please call 208.327.8591 before attending
Boise	Library! at Cole & Ustick 7557 W Ustick Rd Boise, ID 83704	12:00 PM	Tuesday & Thursday
Boise	Library! at Collister 4764 W. State St. Boise, ID 83703	9:15 AM	Tuesday & Thursday
Boise	Park View Rental Condos 3110 W Crescent Rim Dr. Boise, ID 83706	9:15 AM	Monday-Wednesday-Friday
Boise	Physical Therapy 180° 5905 W. State St. Boise, ID 83703	11:00 AM	Monday & Wednesday
Boise	St. Mark's Catholic Community 7960 Northview St. Boise, ID 83704	10:00 AM	Wednesday & Friday
Boise	The Terraces of Boise 5301 E Warm Springs Ave. Boise, ID 83716	9:30 AM	Tuesday & Thursday
Boise	Victory Branch Library 10664 W. Victory Rd. Boise, ID 83709	12:00 PM	Tuesday & Thursday Please call 208.327.8591 before attending

Cascade	Cascade Community Center 409 N. School St. Cascade, ID 83611	10:30 AM	Tuesday & Thursday
Eagle	Eagle Senior Center 312 State St. Eagle, ID 83616	9:00 AM	Monday-Wednesday-Friday
Eagle	Sister's Villa 540 N Eagle Rd. Eagle, ID 83616	10:00 AM	Tuesday & Thursday
Garden City	Garden City Library 6015 N. Glenwood St. Garden City, ID 83714	11:00 AM	Tuesday & Thursday
Garden City	Willowbrook Home Association 5601 Willowlawn Way Garden City, ID 83714	10:00 AM	Tuesday & Thursday
Garden Valley	Garden Valley Senior Center 261 S. Middlefork Rd. Garden Valley, ID 83622	3:00 PM	Tuesday & Thursday
Glenn's Ferry	Three Island Senior Center 492 Cleveland Ave. Glenn's Ferry, ID 83623	10:30 AM	Monday & Thursday
Idaho City	Boise Basin Senior Center 102 Bear Run Rd Idaho City, ID 83631	10:00 AM	Tuesday & Thursday
Kuna	Kuna Library 457 Locust Ave. Kuna, ID 83634	11:30 AM	Monday-Wednesday-Friday
McCall	McCall Senior Center 701 N 1st St, McCall, ID 83638	3:30 PM	Tuesday & Thursday
Meridian	Tree City Church of the Nazarene 3852 N. Eagle Rd. Boise, ID 83713	9:00 AM & 10:00 AM	Tuesday & Thursday
Meridian	Holy Apostles Catholic Church 6300 Meridian Rd. Meridian, ID 83646	9:45 AM	Monday & Wednesday
Meridian	Meridian Library 1326 W. Cherry Ln. Meridian, ID 83642	9:30 AM & 10:45 AM	Monday & Thursday Please call 208.327.8591 before attending
Mountain Home	Mountain Home Senior Center 1000 N. 3 rd East Mountain Home, ID 83647	10:00 AM	Monday-Wednesday- Friday
Star	Star City Hall 10769 W. State St. Star, ID 83669	10:30 AM	Monday-Wednesday-Friday

For more information, please call, Mike S. Rice **208.327.8591** updated Q1 July, 2019