

Online and In-Person



Fitness Classes

University of Idaho Extension



ONLINE Fitness Made Simple!

Thursdays, 10:00 – 11:00AM MST

Chair-based seated and standing toning/strengthening exercises.

Use of hand weights, resistance bands, and/or exercise

balls optional. Modifiable for a variety of fitness abilities.

<https://uidaho.zoom.us/j/83052870632>

Meeting ID: 830 5287 0632

Passcode: 659851



IN PERSON Stretching for Strength and Balance

Thursdays, 4-5PM MST

Seated and standing poses appropriate for all flexibility levels.

Emphasis on flexibility while improving strength and balance.

Location: 1542 East 73rd South, Idaho Falls (South of Sandy Downs)

Cost: \$10/2 months First class is FREE!

Instructor: Leslee Blanch, Certified Group Fitness Instructor
Family Consumer Science Associate Extension Educator
lblanch@uidaho.edu (208)529-1390