

Western Idaho Preventive Health Assistance Approved Weight Management Programs

Please contact the organizations below for additional information regarding programs and fees in your area. If you can not find a local vendor that meets your needs, please call us toll free at (877) 364-1843.

(Services & programs vary. Please contact the program directly for details.)

Organization	City	Address	Phone	Additional Information
Anytime Fitness	Boise	6582 S. Federal Way	(208) 343-1865	
	Caldwell	2621 S. 10th Ave	(208) 459-1505	
	Kuna	1573 N. Linder Rd	(208) 922-4622	
	Meridian	80 E. Ustick Rd.	(208) 884-3338	
	Mountain Home	2600 American Legion Blv	(208) 587-4122	Web site: http://club.anytimefitness.com/club
	Nampa	2926 E. Greenhurst 353 Caldwell Blvd.	(208) 461-6655 (208) 465-4400	
Body Shop Fitness Centers	Fruitland	1322 N. Whitley Drive	(208) 452-7799	
	Payette	541 S. 16 th St	(208) 642-1326	
	Weiser	35 W. Commercial St.	(208) 414-2639	
Boise City Parks & Recreation	Boise	700 Robbins Rd	(208) 384-4486	Web site: www.cityofboise.org/parks (Fitness Center)
Curves for Women	Boise	6738 Glenwood	(208) 853-0700	Initial sign up fee waived
		8960 W. Ardene	(208) 378-4740	
		2139 Broadway	(208) 343-2567	
	McCall	411 Deinhard Rd.	(208) 634-8439	
	Meridian	3979 East Overland Rd.	(208) 895-0353	
	<u>Meridian</u>	<u>2053 E Fairview Ave, Suite 105</u>	<u>(208) 846-9514</u>	
	Mountain Home	2390 American Legion Ste. 3	(208) 580-1017	
	Nampa	1312 S. Edgewater Circle	(208) 461-4534	
Ontario	263 E. Lane N, #3	(541) 823-8454		
Star	9712 W. State St.	(208) 898-4994		
City of Payette	Payette	700 Center Avenue	(208) 642-6024	Water aerobics fitness class
Delta Fitness	Emmett	121 S. Commercial	(208) 365-1346	
Fitness 19	Boise	3361 N. Cole	(208) 376-9119	
	Eagle	3210 E. Chinden	(208) 939-7669	
Fitness First	Mountain Home	120 War Eagle Dr.	(208) 587-7032	
<u>Freedom Fitness</u>	<u>Kuna</u>	<u>672 E. Wythe Creek Ct, Ste. 102</u>	<u>(208) 495-3613</u>	<u>Adult & Child services</u>
Garden Valley Fitness	Garden Valley	2835 Middlefork Rd	(208) 462-2822	
Gold's Gym (Treasure Valley)	Boise	7316 West Fairview 83704	(208) 853-GOLD	
		801 East Park Center	(208) 345-4653	
	Meridian	1455 Country Terrace Ct.	(208) 377-GOLD	
Humphrey's Diabetes Center	Boise	1226 W. River Street	(208) 331-1155	Wgt management program open to non-diabetics and diabetics
Idaho Athletic Club	Boise	2999 N. Lakeharbor Lane	(208) 853-4224	Membership agreements for the Boise, Eagle & Meridian clubs must be completed at the Meridian club on Fairview.
	Boise	1435 S. Maple Grove	(208) 376-6558	
	Caldwell	4623 Enterprise Way	(208) 459-0729	
	Eagle	950 E. Riverside Drive	(208) 938-8410	
	Meridian	1450 E. Fairview Ave.	(208) 888-0060	
		2340 S. Eagle Road	(208) 884-5251	
	<u>Nampa</u>	<u>5251 E. Exchange</u>	<u>(208) 442-6378</u>	
Idaho Nutrition Consultants	Boise		(208) 440-5041	Contact: Karen Mangum (Adult & Child services)
Nampa Rec. Center	Nampa	131 Constitution Way	(208) 468-5777	
<u>Park Center Fitness</u>	<u>Boise</u>	<u>555 W Park Center Blvd</u>	<u>(208) 342-7359</u>	<u>Contact: Josh Tolson</u>
<u>Planet Fitness</u>	<u>Boise</u>	<u>6843 N. Strawberry Glen Suite 150</u>	<u>(208) 853-8200</u>	
SNAP Fitness	Star	36 N Seneca Springs Way	(208) 898-4885	
Soul Fitness	Emmett	444 Hwy. 16	(208) 365-4411	Contact: Geri Ferguson

St. Luke's Regional Med. Ctr.	Boise		(208) 381-1200	Children's nutrition class
TOPS ID #375	Emmett	3 rd & Hayes	(208) 365-5868	Contact: Aleta Smith
Treasure Valley Fitness	Boise	7211 W. Colonial St.	(208)323-1353	Contact: Curtis King
Treasure Valley YMCA	Boise	1050 W. State Street 5959 N Discovery Way	(208) 344-5501 (208) 377-9622	Web sites: http://www.ymcaboise.org ; http://www.ymcatvidaho.org (Adult & Child services)
	Caldwell.	3720 South Indiana Ave	(208) 454-YMCA	
	Meridian	936 W. Taylor, Ste. 104	(208) 855-5711	
Weight Watchers Area 116 of Idaho	Boise, Meridian, Caldwell, Emmett, Mt. Home, Nampa, Payette, Salmon			Contact: (801) 486-0125 for class locations and times in your area.