



# ATHLETIC CLUB HOURS

MON-FRI 5 AM-9 PM  
SAT/SUN 7 AM-6 PM  
509.459.4571

# FALL SCHEDULE

## GROUP FITNESS CLASSES SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
6 AM <b>CYCLE</b> DAVID   G	6 AM <b>PUMP FUSION</b> DAVID   G	6 AM <b>CYCLE</b> DAVID   G	6 AM <b>PUMP FUSION</b> KASEY   G	6 AM <b>CYCLE</b> KACIE   G	8 AM <b>CYCLE</b> MOLLY & OKSANA   G	4 PM <b>YOGA</b> RAEHEL & STEPHANIE   S4 <b>STARTS SEPT 18</b>
7:15 AM <b>AQUA FITNESS</b> PATRICIA   P	6 AM <b>GENTLE YOGA</b> JENNY   S4	6 AM <b>BOOT CAMP</b> RAEHEL   S4	8:15 AM <b>BARRE</b> KASSANDRA   S4	7:15 AM <b>AQUA FITNESS</b> JANEL   P	9 AM <b>PUMP FUSION</b> KASEY & OKSANA   S4	
8:15 AM <b>AQUA FITNESS</b> PATRICIA   P	8:15 AM <b>BARRE</b> JENNY   S4	7:15 AM <b>AQUA FITNESS</b> PATRICIA   P	9:15 AM <b>CORE CHALLENGE</b> TISH   ZOOM	8:15 AM <b>GENTLE YOGA</b> CYNDI   S4	10:15 AM <b>YOGA</b> JANEL   S4	
9:15 AM <b>YOGA/BARRE</b> KATIE   S4	9:15 AM <b>CORE CHALLENGE</b> TISH   ZOOM	8:15 AM <b>AQUA FITNESS</b> PATRICIA   P	9:30 AM <b>GENTLE YOGA</b> TISH   ZOOM	9:15 AM <b>ZUMBA</b> EVI   G	11:30 AM <b>SOCIAL DANCE</b> S4	
9:30 AM <b>LOW IMPACT</b> PATRICIA   G	9:30 AM <b>GENTLE YOGA</b> TISH   ZOOM	8:15 AM <b>YOGA</b> KASSANDRA   S4	9:30 AM <b>PUMP FUSION</b> DOMINIQUE   G	11:30 AM <b>CORE EXPRESS</b> JOSH   G		
11:30 AM <b>CORE EXPRESS</b> MOLLY   G	9:30 AM <b>PUMP FUSION</b> DOMINIQUE   G	9:30 AM <b>TRX/BOOTCAMP</b> BECKY   G <b>STARTS SEPT 14</b>	12 PM <b>BARRE</b> KATIE   S4	12:15 PM <b>YOGA</b> TOM   S4		
12:15 PM <b>YOGA</b> TOM   S4	12 PM <b>PILATES</b> STEPHANIE   S4	9:30 AM <b>LOW IMPACT</b> KELLY   S4	6:00 PM <b>CARDIO DANCE</b> MIRROR   SS			
5:45 PM <b>BOOTCAMP</b> MONICA   G	5:30 PM <b>YOGA</b> JENNY   S4	11:30 AM <b>CORE EXPRESS</b> BECKY   G	6 PM <b>SOCIAL DANCE</b> GLENN & PATTY   S4			
6:00 PM <b>BARRE</b> MIRROR   SS		12:15 PM <b>YOGA</b> KELLY   S4	6:45 PM <b>SOCIAL DANCE</b> GLENN & PATTY   S4			
		5:45 PM <b>BOOTCAMP</b> MONICA   S4 <b>STARTS SEPT 14</b>				
		6:00 PM <b>TAI CHI</b> MIRROR   SS				

**LOCATION KEY**  
 G = GYM | S4 = STUDIO 4  
 C = CYCLING STUDIO | P = POOL  
 SS = SAPPHIRE STUDIO

**SYMBOLS KEY**  
 = LIVE SESSION  
 = ZOOM SESSION AVAILABLE  
 = CHILDCARE AVAILABLE

\*ALL CLASSES 45 MIN EXCEPT YOGA (60 MIN)  
 \*ONLINE RESERVATIONS REQUIRED  
 \*SCHEDULE SUBJECT TO CHANGE. VISIT SPOKANECLUB.ORG FOR UPDATES