



**ATHLETIC CLUB HOURS**  
 MON-SUN 24 HOURS  
 509.459.4571

# MARCH SCHEDULE

## GROUP FITNESS CLASSES

MON	TUE	WED	THU	FRI	SAT	SUN
6 AM <b>CYCLE</b> DAVID   C	6 AM <b>PUMP FUSION</b> DAVID   S4	6 AM <b>CYCLE</b> DAVID   C	6 AM <b>PUMP FUSION</b> KASEY   S4	6 AM <b>CYCLE</b> LANA   C	8 AM <b>CYCLE</b> MOLLY & OKSANA   C	4 PM <b>YOGA</b> RAEHEL & STEPHANIE   S4
7:15 AM <b>AQUA FITNESS</b> PATRICIA   P	6 AM <b>GENTLE YOGA</b> JENNY   SS	7:15 AM <b>AQUA FITNESS</b> PATRICIA   P	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	8:15 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> JENNY   S4	
9:15 AM <b>YOGA/BARRE</b> KATIE   SS	9:15 AM <b>CORE CHALLENGE</b> TISH   ZOOM	8:15 AM <b>YOGA</b> KASSANDRA   S4	9:30 AM <b>GENTLE YOGA</b> TISH   ZOOM	9:15 AM <b>ZUMBA</b> EVI   G		
9:30 AM <b>LOW IMPACT</b> COURTNEY   S4	9:30 AM <b>GENTLE YOGA</b> TISH   ZOOM	9:30 AM <b>TRX/BOOTCAMP</b> BECKY   SS	9:30 AM <b>PUMP FUSION</b> DOMINIQUE   S4	9:30 AM <b>LOW IMPACT</b> RAEHEL   S4		
11:30 AM <b>CORE EXPRESS</b> MONICA   S4	9:30 AM <b>PUMP FUSION</b> DOMINIQUE   S4	9:30 AM <b>LOW IMPACT</b> KELLY   S4	12 PM <b>BARRE</b> JENNY   S4	11:30 AM <b>CORE EXPRESS</b> RAEHEL   S4		
12:20 PM <b>YOGA</b> TOM   S4	12 PM <b>PILATES</b> STEPHANIE   S4	11:30 AM <b>CORE EXPRESS</b> DONNA   S4	6:00 PM <b>CARDIO DANCE</b> MIRROR   SS	12:20 PM <b>YOGA</b> TOM   S4		
6:00 PM <b>PILATES</b> TIANA   S4	5:30 PM <b>YOGA</b> JENNY   S4	12:15 PM <b>YOGA</b> KELLY   SS	6 PM <b>SOCIAL DANCE</b> GLENN & PATTY   S4	6:00 PM <b>TAI CHI</b> MIRROR   SS		
6:00 PM <b>BARRE</b> MIRROR   SS		6:15 PM <b>BOOTCAMP</b> HOLLY   S4	6:45 PM <b>SOCIAL DANCE</b> GLENN & PATTY   S4			

**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