



**ATHLETIC CLUB HOURS**  
 MON-SUN 4 AM - 12 AM  
 509.459.4571

# OCTOBER SCHEDULE

## GROUP FITNESS CLASSES

MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM <b>MASTERS SWIM</b> ROB   P	5:30 AM <b>MASTERS SWIM</b> ROB   P	5:30 AM <b>MASTERS SWIM</b> ROB   P	5:30 AM <b>MASTERS SWIM</b> ROB   P	5:30 AM <b>MASTERS SWIM</b> ROB   P	8:00 AM <b>CYCLE</b> MOLLY/OKSANA   C	4:00 PM <b>YOGA</b> STEPHANIE/BELLA   S4
6:00 AM <b>CYCLE</b> DAVID   C	5:45 AM <b>GENTLE YOGA</b> BRITTANY   SS	6:00 AM <b>CYCLE</b> DAVID   C	6:00 AM <b>PUMP FUSION</b> KASEY   S4	6:00 AM <b>CYCLE</b> LANA   C	9:00 AM <b>PUMP FUSION</b> KASEY   S4	
7:00 AM <b>AQUA DEEP HIIT</b> PATRICIA   P	6:00 AM <b>PUMP FUSION</b> DAVID   S4	7:00 AM <b>AQUA DEEP HIIT</b> PATRICIA   P	7:00 AM <b>TRX</b> ANNA   SS	7:15 AM <b>AQUA FITNESS</b> JANEL   P	10:15 AM <b>YOGA</b> JENNY   S4	
8:00 AM <b>AQUA FITNESS</b> PATRICIA   P	7:00 AM <b>TRX</b> DONNA   SS	8:00 AM <b>AQUA FITNESS</b> PATRICIA   P	8:00 AM <b>BARRE</b> RAECHEL   S4	8:15 AM <b>GENTLE YOGA</b> ANNALISA   S4		
9:15 AM <b>YOGA INTERMEDIATE</b> KASSANDRA   S4	8:15 AM <b>SCULPT</b> BECKY   S4	8:15 AM <b>YOGA INTERMEDIATE</b> KASSANDRA   S4	9:30 AM <b>PUMP FUSION</b> DOMINIQUE   S4	9:15 AM <b>ZUMBA</b> EVI   G		
10:30 AM <b>LOW IMPACT</b> MONICA   S4	9:30 AM <b>PUMP FUSION</b> DOMINIQUE   S4	9:30 AM <b>TRX/BOOTCAMP</b> BECKY   SS	12:15 PM <b>BARRE</b> STEPHANIE   S4	11:30 AM <b>CORE EXPRESS</b> RAECHEL   S4		
11:30 AM <b>CORE EXPRESS</b> MONICA   S4	12:00 PM <b>PILATES</b> STEPHANIE   S4	9:30 AM <b>LOW IMPACT</b> CHRISTINA   S4	6:00 PM <b>SOCIAL DANCE</b> GLENN & PATTY   SS	12:20 PM <b>YOGA</b> TOM   S4		
12:20 PM <b>YOGA</b> TOM   S4	5:30 PM <b>YOGA</b> BELLA   S4	11:30 AM <b>CORE EXPRESS</b> MOLLY   S4	6:45 PM <b>SOCIAL DANCE</b> GLENN & PATTY   SS			
		12:20 PM <b>YOGA</b> BELLA   S4				
		5:30 PM <b>CYCLE</b> DILLON   C				

**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) AND PUMP FUSION (60 MIN)  
 > ONLINE RESERVATIONS REQUIRED  
 > SCHEDULE SUBJECT TO CHANGE. VISIT MEMBERS.SPOKANECLUB.ORG FOR UPDATES

Class	Description	Type	Intensity
Aqua Fitness	A low impact, total body water resistance workout	Aqua	Low to Moderate
Barre	Ballet inspired, muscular endurance workout that fuses ballet conditioning, toning, Pilates and yoga elements together	Strength, Core	Moderate
Bootcamp	An interval training class utilizing dumbbells, barbells, bands, kettle bells, and ropes for strength and cardio exercises	Intervals, Circuits	High
Core Challenge	A short 15-minute core circuit focused on developing the abdominal muscles.	Strength, Core	Low to Moderate
Core Express	A combination of multi-joint exercises to focus on the entire core of your body which includes abdominal muscles, hip, low back, and spine muscles while challenging your endurance	Strength, Core	Moderate to High
Cycle	A multi-level stationary bike class focused on hill climbs, sprints and other drills	Cycle, Cardio	Moderate to High
Gentle Yoga	Allows for proper yoga principles and poses while emphasizing deep, slow stretching techniques (beginning yoga is offered)	Restorative, Stretching	Low
Low Impact	A gentle approach to strength training, consisting of light weightlifting and aerobics, with modifications offered for various ability levels	Strength, Aerobics	Low
Pilates	Improve flexibility, balance, low-back health and posture, while strengthening your core muscles in your back, waist, hips and abdominals through the traditional use of Pilates exercises	Strength, Core, Stretching	Low to Moderate
Pump Fusion	A high intensity strength-based full body workout using exercises like squats, presses, lifts and curls to simultaneously improve strength and endurance	Strength, Core, Cardio	Moderate to High
Sculpt, Strength, and Tone	Body sculpting, muscle-toning class using weights, exercise bands, and gliders for traditional weight training moves in a class setting	Strength, Core	Moderate to High
Social Dance	Dance practice focusing on a variety of different styles, including the Nightclub Two-Step, West Coast Swing, Rumba and Foxtrot	Dance, Cardio	Low
Tai Chi	Tai Chi techniques aim to address the body and mind as an interconnected system through slow gentle movements, controlled breathing, and meditation	Restorative, Stretching	Low
TRX	Suspension training using body weight to develop muscular strength, balance, flexibility and core stability simultaneously	Strength, Core, Flexibility	Low to Moderate
Yoga	Uses traditional principles and poses with emphasis on proper yoga alignment and holds; a variety of yoga practices are used	Strength, Core, Flexibility	Moderate
Zumba	A Latin inspired dance fitness workout that combines fast and slow rhythms to achieve a unique balance of cardio and muscle-toning	Dance, Cardio	Low to Moderate