



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

NOVEMBER SCHEDULE

GROUP FITNESS CLASSES

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