



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

APRIL SCHEDULE

GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM CYCLE DAVID C	5:30 AM MASTERS SWIM ROB P	6:00 AM CYCLE DAVID C	5:30 AM MASTERS SWIM ROB P	6:00 AM CYCLE BRITTANY/LANA C	8:00 AM CYCLE MOLLY/OKSANA/ BRITTANY C	2:30 PM CORE/CARDIO KERENNA S4
7:00 AM AQUA DEEP HIIT PATRICIA P	5:45 AM GENTLE YOGA BRITTANY SS	7:00 AM AQUA DEEP HIIT PATRICIA P	6:00 AM PUMP FUSION KASEY S4	7:00 AM AQUA FITNESS TERILYN P	9:00 AM PUMP FUSION KASEY S4	4:00 PM YOGA STEPHANIE/ S4 BELLA
8:00 AM AQUA FITNESS PATRICIA P	6:00 AM PUMP FUSION DAVID S4	8:00 AM AQUA FITNESS PATRICIA P	8:30 AM MAT PILATES MONICA S4	8:15 AM GENTLE YOGA ANNALISA S4	10:15 AM YOGA JENNY S4	
9:00 AM BARRE KEYTRA S4	7:00 AM TRX DONNA SS	8:15 AM YOGA BRITTANY/JULIE S4	9:30 AM PUMP FUSION DOMINIQUE S4	9:15 AM ZUMBA EVI G		
10:30 AM LOW IMPACT MONICA S4	8:30 AM BARRE SCULPT BECKY S4	9:30 AM TRX/BOOTCAMP BECKY SS	12:15 PM BARRE STEPHANIE S4	11:30 AM CORE EXPRESS LANA S4		
11:30 AM CORE EXPRESS RAEHEL S4	9:30 AM PUMP FUSION DOMINIQUE S4	11:30 AM CORE EXPRESS MOLLY/DONNA S4	5:30 PM YOGA CHRISTINA S4	12:20 PM YOGA TOM S4		
12:20 PM YOGA TOM S4	12:00 PM PILATES STEPHANIE S4	12:30 PM YOGA CHRISTINA S4	6:30 PM HATHA VINYASA BRITTANY S4			
5:30 PM BARRE STEPHANIE SS	5:30 PM PIYO STEPHANIE S4					
NEW! STARTING APRIL 16 5:30 PM SHINE CARDIO KERRY SS						

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

- > ALL CLASSES 45 MIN EXCEPT YOGA, BOOT CAMP AND PUMP FUSION (60 MIN)
- > ONLINE RESERVATIONS REQUIRED
- > SCHEDULE SUBJECT TO CHANGE. VISIT MEMBERS.SPOKANECLUB.ORG FOR UPDATES