



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

# MAY SCHEDULE

## GROUP FITNESS CLASSES

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

| 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              |
| 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  |