SPOKANE CLUB

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

NOVEMBER SCHEDULE
GROUP FITNESS CLASSES

MONDAY
- 6:00 AM **CYCLE** DAVID | **C**
- 7:00 AM **AQUA DEEP HIIT** PATRICIA | **P**
- 8:00 AM **AQUA FITNESS** PATRICIA | **P**
- 8:15 AM **YOGA** SARAH | **S4**
- 11:30 AM **CORE EXPRESS** MOLLY | **S4**
- 12:30 PM **YOGA** TOM | **S4**
- 5:00 PM **POWER YOGA** SAMMY | **S4**

TUESDAY
- 5:30 AM **MASTERS SWIM** ROB | **P**
- 5:45 AM **GENTLE YOGA** BRITTANY | **SS**
- 6:00 AM **PUMP FUSION** DAVID | **S4**
- 7:00 AM **TRX** DONNA | **SS**
- 8:30 AM **STRENGTH AND STABILITY** BETSY | **S4**
- 9:30 AM **PUMP FUSION** DOMINIQUE | **S4**
- 12:00 PM **PILATES** STEPHANIE | **S4**
- 5:00 PM **BARRE/PIYO** STEPHANIE | **S4**

WEDNESDAY
- 6:00 AM **CYCLE** DAVID | **C**
- 7:00 AM **AQUA DEEP HIIT** PATRICIA | **P**
- 8:00 AM **AQUA FITNESS** PATRICIA | **P**
- 8:15 AM **YOGA** BETSY/JULIE | **S4**
- 9:30 AM **TRX/BOOTCAMP** BECKY | **SS**
- 11:30 AM **CORE EXPRESS** DONNA | **S4**
- 12:30 PM **YOGA** CHRISTINA | **S4**
- 5:00 PM **POWER YOGA** SAMMY | **S4**
- 6:15 PM **JOYFUL MOVEMENTS** SUZANNE | **S4**

THURSDAY
- 5:30 AM **MASTERS SWIM** ROB | **P**
- 5:45 AM **HATHA YOGA** BRITTANY | **SS**
- 6:00 AM **PUMP FUSION** KASEY | **S4**
- 7:00 AM **TRX** MONICA | **SS**
- 8:30 AM **BARRE** KEYTRA | **S4**
- 9:30 AM **PUMP FUSION** DOMINIQUE | **S4**
- 12:00 PM **PILATES** STEPHANIE | **S4**

FRIDAY
- 6:00 AM **CYCLE** LANA | **C**
- 7:00 AM **AQUA FITNESS** TERILYN | **P**
- 8:00 AM **AQUA FITNESS** TERILYN | **P**
- 8:15 AM **GENTLE YOGA** STEPHANIE | **S4**
- 9:15 AM **ZUMBA** EVI | **G**
- 11:30 AM **TRX** LANA | **SS**
- 12:30 PM **YOGA** TOM | **S4**
- 5:00 PM **POWER YOGA** SAMMY | **S4**

SATURDAY
- 8:00 AM **CYCLE** MOLLY/OKSANA | **C**
- 9:00 AM **PUMP FUSION** KASEY | **S4**
- 10:15 AM **YOGA** JENNY | **S4**

SUNDAY
- 4:00 PM **YOGA** STEPHANIE/BELLA | **S4**

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