

509.535.3554 • Athletic Club Hours
 Monday thru Friday, 5:30am - 9:00pm
 Saturday/Sunday, 7:00am - 7:00pm

SUMMER SCHEDULE

MAY 1 – 31

	M	T	W	T	F	S	S
6:00AM	HIIT STRENGTH 45 MIN; RYAN HS	CYCLE* 45 MIN; BRIANNA C		HIIT STRENGTH 45 MIN; RYAN HS			
8:00AM					BARRE KASSANDRA S		
8:30AM	AQUA FITNESS PARNEY P		AQUA FITNESS PARNEY P		AQUA FITNESS PARNEY P		
9:00AM				INDO-ROW/ SHOCKWAVE STEPHANIE G		HIIT STRENGTH 60 MIN; MOLLY HS	*Online Class Reservations
9:15AM	CYCLE* BRITA/JODY C	HIIT STRENGTH 45 MIN; BRITA HS	CYCLE* MOLLY C	CYCLE 30/CORE 15* BRITA C	CYCLE EXPRESS* 30 MIN; MOLLY C		
9:30AM	BARRE MEEGAN S	GENTLE YOGA* TISH S	BARRE MEEGAN S	GENTLE YOGA* COURTNEY S	BOOTY BARRE HOLLY S		
10:00AM					HIIT STRENGTH* 30 MIN; MOLLY HS		
10:45AM		GENTLE YOGA TISH S		GENTLE YOGA 50 MIN; COURTNEY S	YOGA FLOW NATALIE S		
12:00PM		HIIT STRENGTH 45 MIN; TAYLOR HS					
4:45PM		CYCLE* MOLLY/SKYE C		CYCLE* LORI C			
5:30PM	HIIT STRENGTH 45 MIN; LORI HS		HIIT STRENGTH 45 MIN; DAYNA HS				
	BARRE KASSANDRA S						
5:45PM		YOGA KASSANDRA S		YOGA KASSANDRA S			
6:00PM	AQUA FITNESS CLAIRE P		AQUA FITNESS CLAIRE P				

LOCATION KEY **G** – Gym • **C** – Cycling Studio • **HS** – HIIT Studio • **S** – Studio • **P** – Pool

TENNIS

	M	T	W	T	F	S	S
9:00AM						MEGA CARDIO \$13/CLASS/PERSON 9:00 - 10:15AM <i>LAST CLASS JUNE 1</i>	
10:30AM							
12:00PM			CARDIO TENNIS \$11/CLASS/PERSON 12:00PM		NEW CLASS TGIF CARDIO TENNIS \$11/CLASS/PERSON 12:00 <i>STARTS JUNE 7</i>		
3:00PM							
6:00PM		LADIES' LEAGUE 3.0-4.0 6:00 - 9:00PM	MEN'S LEAGUE 2.5-5.0 6:00 - 9:00PM				