

Downtown | fitness classes

509.459.4571 • Athletic Club Hours

Monday thru Friday, 5:00am - 9:00pm

Saturday/Sunday, 7:00am - 7:00pm

WINTER SCHEDULE

MARCH 1 – 31

	M	T	W	T	F	S	S
5:45AM	BOOTCAMP DONNA G		BOOTCAMP DONNA G		STRENGTH & CONDITIONING 45 MIN; JENNY G		
6:00AM	RPM* MEL C	BODYPUMP DAVID G	RPM* DAVID C	BODYPUMP DAVID G	RPM* DAYNA C		
		GENTLE YOGA JENNY S4	YOGA/ MEDITATION LAUREN S4	GENTLE YOGA KASSANDRA S4			*Online Class Reservations
7:00AM	TRX* MOLLY SB						
7:30AM	HYDRO HIIT PATRICIA P		HYDRO HIIT PATRICIA P		HYDRO HIIT PATRICIA P		
8:00AM	YOGA LISA S4	BARRE KASSANDRA S4	YOGA KASSANDRA S4	BARRE KASSANDRA S4	GENTLE YOGA CYNDI S4	RPM* DAVID C	
8:30AM					AQUA POWER PATRICIA P		
8:45AM	AQUA POWER PATRICIA P		AQUA POWER PATRICIA P				
9:00AM						BODYPUMP 50 MIN; DAVID S4	

9:15AM	ZUMBA EVI G		ZUMBA EVI G		RPM* MARLENA C MARCH ONLY		
9:30AM	SENIOR FITNESS OKSANA S4	BODY PUMP DOMINIQUE S4	SENIOR FITNESS CASSIDY S4	BODY PUMP CASSIDY S4	SENIOR FITNESS ERIN S4		
	BOOTY BARRE* HOLLY SB		BARRE* MICHELE SB				
10:10AM						YOGA FLOW JENNY S4	
10:45AM		PILATES LARKIN S4		FUNCTIONAL FITNESS LARKIN S4			

11:30AM	CORE EXPRESS 30 MIN; OKSANA S4		CORE EXPRESS 30 MIN; OKSANA S4		HIIT STRENGTH 35 MIN; AMY S4		
12:15PM	YOGA TOM S4	TRX* JILL SB	YOGA FLOW LAUREN S4	TRX* OKSANA SB	YOGA TOM S4		
	CYCLE* 45 MIN; OKSANA C	BARRE EXPRESS 45 MIN; SARAH/JENNY S4	CYCLE* 45 MIN; OKSANA C		CYCLE EXPRESS* 30 MIN; AMY C		
1:30PM							CYCLE* MOLLY C MARCH ONLY

4:00PM							YOGA STAFF S4
5:30PM	BODYPUMP DOMINIQUE S4	RPM* DAYNA C	BODYPUMP LORI S4	BEGINNING YOGA TOM SB			
6:00PM	BOOT CAMP JEN G			BOOT CAMP DOMINIQUE/JODY G			

LOCATION KEY **G** – Gym • **S4** – Studio 4 • **C** – Cycling Studio • **SB** – Studio B • **P** – Pool

SOCIAL DANCE: Tue, 4-8:15pm, **S4** • Thur, 4-6:00pm **S4**, • Thur, 6:45-8:15pm, **S4** • Sat, 11:30-1:30pm, **S4**

Schedule subject to change.