

# Downtown | fitness classes

509.459.4571 • Athletic Club Hours  
 Monday thru Friday, 5:00am - 9:00pm  
 Saturday/Sunday, 7:00am - 7:00pm

# WINTER SCHEDULE

NOVEMBER 1 – 30

	M	T	W	T	F	S	S
5:45AM	<b>BOOTCAMP</b> DONNA <b>G</b>		<b>BOOTCAMP</b> DONNA <b>G</b>				
6:00AM	<b>RPM*</b> MEL <b>C</b>	<b>BODYPUMP</b> DAVID <b>G</b>	<b>RPM*</b> DAVID <b>C</b>	<b>BODYPUMP</b> DAVID <b>G</b>	<b>RPM*</b> DAYNA <b>C</b>		Fitness classes last 60 minutes unless noted otherwise  Cycle, TRX and Shockwave classes run 45 minutes  *Online Class Reservations
		<b>GENTLE YOGA</b> JENNY <b>S4</b>	<b>YOGA/ MEDITATION</b> LAUREN <b>S4</b>	<b>GENTLE YOGA</b> KASSANDRA <b>S4</b>	<b>SKI CONDITIONING</b> DONNA <b>G</b>		
7:00AM	<b>TRX*</b> MOLLY <b>SB</b>						
7:30AM	<b>HYDRO HIIT</b> PATRICIA <b>P</b>		<b>HYDRO HIIT</b> PATRICIA <b>P</b>		<b>HYDRO HIIT</b> PATRICIA <b>P</b>		
8:00AM	<b>YOGA</b> LISA <b>S4</b>	<b>BARRE</b> KASSANDRA <b>S4</b>	<b>YOGA</b> KASSANDRA <b>S4</b>	<b>BARRE</b> KASSANDRA <b>S4</b>	<b>GENTLE YOGA</b> CYNDI <b>S4</b>	<b>RPM*</b> DAVID <b>C</b>	
8:30AM					<b>AQUA POWER</b> PATRICIA <b>P</b>		
8:45AM	<b>AQUA POWER</b> PATRICIA <b>P</b>		<b>AQUA POWER</b> PATRICIA <b>P</b>				
9:00AM						<b>BODYPUMP</b> 50 MIN; DAVID <b>S4</b>	
						<b>CYCLE*</b> STAFF <b>C</b>	
9:15AM	<b>ZUMBA</b> EVI <b>G</b>		<b>ZUMBA</b> EVI <b>G</b>		<b>RPM*</b> MARLENA <b>C</b>		
9:30AM	<b>SENIOR FITNESS</b> OKSANA <b>S4</b>	<b>BODY PUMP</b> DOMINIQUE <b>S4</b>	<b>SENIOR FITNESS</b> CASSIDY <b>S4</b>	<b>BODY PUMP</b> CASSIDY <b>S4</b>	<b>SENIOR FITNESS</b> ERIN <b>S4</b>		
	<b>BOOTY BARRE*</b> HOLLY <b>SB</b>		<b>BARRE*</b> MICHELE <b>SB</b>				
10:10AM						<b>YOGA FLOW</b> LISA, KAT, CYNDI <b>S4</b>	
10:45AM		<b>PILATES</b> LARKIN <b>S4</b>		<b>FUNCTIONAL FITNESS</b> LARKIN <b>S4</b>			
11:30AM	<b>CORE EXPRESS</b> 30 MIN; OKSANA <b>S4</b>		<b>CORE EXPRESS</b> 30 MIN; OKSANA <b>S4</b>		<b>HIIT STRENGTH</b> 35 MIN; AMY <b>S4</b>		
12:15PM	<b>YOGA</b> TOM <b>S4</b>	<b>TRX*</b> JILL <b>SB</b>	<b>YOGA FLOW</b> LAUREN <b>S4</b>	<b>TRX*</b> OKSANA <b>SB</b>	<b>YOGA</b> TOM <b>S4</b>		
	<b>CYCLE*</b> 45 MIN; OKSANA <b>C</b>	<b>BARRE EXPRESS</b> 45 MIN; SARAH/JENNY <b>S4</b>	<b>CYCLE*</b> 45 MIN; OKSANA <b>C</b>		<b>HIIT CYCLE*</b> AMY <b>C</b>		
1:30PM							<b>CYCLE*</b> STAFF <b>C</b>
4:00PM							<b>YOGA</b> STAFF <b>S4</b>
5:30PM	<b>BODYPUMP</b> DOMINIQUE <b>S4</b>	<b>RPM*</b> DAYNA <b>C</b>	<b>BODYPUMP</b> LORI <b>S4</b>	<b>BEGINNING YOGA</b> TOM <b>SB</b>			
6:00PM	<b>BOOT CAMP</b> JEN <b>G</b>			<b>BOOT CAMP</b> DOMINIQUE/JODY <b>G</b>			
6:15PM		<b>YOGA</b> LISA <b>SB</b>					

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.