

# WINTER SCHEDULE

NOVEMBER 1 – 30

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

	M	T	W	T	F	S	S
6:00AM		<b>CYCLE*</b> BRIANNA C		<b>HIIT STRENGTH</b> MOLLY/LANA G			
8:00AM					<b>BARRE</b> KASSANDRA S		
8:30AM	<b>AQUA FITNESS</b> PARNEY P		<b>AQUA FITNESS</b> PARNEY P		<b>AQUA FITNESS</b> PARNEY P		
9:00AM		<b>HIIT STRENGTH</b> MOLLY G		<b>INDO-ROW/ SHOCKWAVE</b> STEPHANIE G		<b>BOOTCAMP</b> 60 MIN; MOLLY G	Fitness classes last 60 minutes unless noted otherwise  Cycle, TRX Indo-Row, and Shockwave classes run 45 minutes  *Online Class Reservations
9:15AM	<b>CYCLE*</b> BRITA/JODY C		<b>CYCLE*</b> MOLLY C	<b>CYCLE 30/ CORE 15*</b> BRITA/JODY C	<b>CYCLE*</b> MOLLY C		
9:30AM	<b>BARRE</b> MEEGAN S	<b>GENTLE YOGA*</b> TISH S	<b>BARRE</b> MEEGAN S	<b>GENTLE YOGA*</b> COURTNEY S	<b>BOOTY BARRE</b> HOLLY S		
10:45AM		<b>GENTLE YOGA</b> TISH S		<b>GENTLE YOGA</b> 50 MIN; COURTNEY S	<b>YOGA FLOW</b> NATALIE S		
12:00PM		<b>CYCLE*</b> DONNA C					
4:45PM		<b>CYCLE*</b> JENNY C		<b>CYCLE*</b> LANA/LORI C			
5:30PM	<b>BARRE</b> KASSANDRA S						
5:45PM		<b>YOGA</b> KASSANDRA S		<b>YOGA</b> KASSANDRA S			
6:00PM	<b>AQUA FITNESS</b> CLAIRE P		<b>AQUA FITNESS</b> CLAIRE P				

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

## TENNIS

	M	T	W	T	F	S	S
9:00AM				<b>LADIES' LEAGUE</b> 9:00AM - 10:30PM	<b>LADIES' LEAGUE</b> 4.0+ 9:00AM - 10:30AM	<b>MEGA CARDIO</b> \$13/CLASS/PERSON 9:00 - 10:15AM	
10:30AM							<b>PEE-WEEES</b> 4-7 YEAR OLDS \$11/CLASS/PERSON 10:30 - 11:00AM  <b>SCRAPPERS</b> 7-9 YEAR OLDS \$12/CLASS/PERSON 10:30AM - 12:00PM
12:00PM			<b>CARDIO TENNIS</b> \$11/CLASS/PERSON 12:00PM				
6:00PM		<b>LADIES' LEAGUE</b> 3.0-4.0 6:00 - 9:00PM	<b>MEN'S LEAGUE</b> 2.5-5.0 6:00 - 9:00PM				