



SEPTEMBER 2022 CLASS SCHEDULE

WEBSITE: THECLUBTF.COM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00 AM Hybrid Strength & Conditioning Shari	5:00-6:00 AM Hybrid Strength & Conditioning Shari	5:00-6:00 AM Hybrid Strength & Conditioning Shari	5:00-6:00 AM Hybrid Strength & Conditioning Shari	5:00-6:00 AM Extreme Cardio Shari *STARTS 9/9	
NO FRONT DESK STAFF OR CLASSES ON MONDAY, SEPTEMBER 5TH	5:45-6:30 AM PiYo Live Class & Livestream Michele *TIME CHANGE		5:45-6:30 AM PiYo Live Class & Livestream Michele *TIME CHANGE		
8:00-9:00 AM Lift & Sculpt Shari	8:00-8:45 AM Spin Dance Party Shari	8:00-9:00 AM Lift & Sculpt Shari	8:00-8:45 AM Spin Dance Party Shari	8:00-9:00 AM *Flow Yoga Lonnie	
9:15-10:00 AM Healthy For Life Shari	9:00-9:45 AM HFL 2.0 Shari	9:15-10:00 AM Healthy For Life Lonnie	9:00-9:45 AM HFL 2.0 Shari		9:00-10:15 AM Power Yoga Lindsay *STARTS 9/10
	10:00-11:00 AM *S.A.I.L. Noah		10:00-11:00 AM *S.A.I.L. Noah		
5:30-6:30 PM Hybrid Strength & Conditioning Shari	5:30-6:30 PM Hybrid Strength & Conditioning Shari	5:30-6:15 PM Spin Dance Party Shari	5:30-6:30 PM Hybrid Strength & Conditioning Shari		

Class Descriptions on the back.....

Extreme Cardio: An intense calorie-burning workout using a fun combination of stationary bikes, step aerobics, dance, and more.

***Flow Yoga:** Yoga with a focus on strength, flexibility, and core. (*Non-Members pay per session or drop-in fee.)

Healthy for Life: This class is designed for our senior members. The focus is on functional movement, targeting light cardio, strength, balance, & flexibility.

HFL 2.0: Designed for our senior members who desire a bit more intensity in their workout. The focus is still functional movement, cardio, strength, balance, flexibility and core. During 2.0 we will increase the workload.

Hybrid Strength & Conditioning (in HYBRID ROOM): One hour of varied functional movements, including weightlifting, gymnastics, and metabolic conditioning. Workouts are designed for all ages and abilities, with modifications provided for most medical conditions. During the hour, each member receives one-on-one and group instruction, all while surrounded by a positive and supportive community. ***10 SPOTS AVAILABLE; SIGN-UP SHEET AT FRONT COUNTER BEFORE CLASS TO RESERVE YOUR SPOT!!**

Lift & Sculpt: This class is packed with moves designed to sculpt you to a leaner and tighter physique. Each workout is total body and includes a warm up, lower body, upper body, core, cardio, and a cooldown/stretch. Strength training (dumbbells), body weight exercises, and cardio moves are included in this HIIT based format. You can work at your own pace during the working interval and modifications are provided throughout.

PiYo-Live & Livestream: Sweat, stretch, and strengthen in one low-impact, body sculpting workout. PiYo LIVE cranks up the intensity and speed of traditional Pilates and yoga to help you shape sleek arms, flat abs, and a lifted butt.

You can attend class in person or Livestream. *If you are a member of The Club and would like to access our Facebook Livestream classes please request to be approved to join the Livestream Classes @ The Club-Total Balance Fitness Facebook page.

Power Yoga: A vinyasa flow based yoga class that helps create strength and balance with a focus on endurance and muscle tone. Prepare to sweat!!

***S.A.I.L. (Stay Active & Independent Through Life):** **This class is offered through Spokane Community College. you can get more information by going to their website: scc.spokane.edu; additional fee through SCC. Winter Session runs 1/11/22 through 3-24-22.** Improve your strength, balance and fitness with exercises specifically designed to help maintain and improve your balance and mobility, reduce your risk of falls, and improve your quality of life. Enjoy a light cardio, total body fit workout with light weights while listening to fun music!!!

Spin Dance Party: Take your classic spin class to the next level!!!! Combine fun music and a dance environment with disco balls and black lights. All levels are welcome. **Sign up sheet at front counter before class to reserve a bike(12 bikes available).**