



FEBRUARY 2023 CLASS SCHEDULE

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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		
5:45-6:30 AM Ride & Shine Tina	5:45-6:30 AM PiYo-Live & Livestream Michele	5:45-6:30 AM Transform Tina	5:45-6:30 AM PiYo-Live & Livestream Michele		
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	*NEW TIME!! 8:00-9:00 AM WARRIOR Rhythm™ Live & Livestream Michele
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		
	10:00-11:00 AM *S.A.I.L. Noah		10:00-11:00 AM *S.A.I.L. Noah		
3:30-4:30 PM *Kids Karate Erin NO CLASS 2/20					
5:30-6:30 PM Evening Flow Yoga Lindsay	5:30-6:30 PM WARRIOR Strength™ Des	5:30-6:15 PM Spin Dance Party Shari			*COMING SOON WARRIOR Combat™

Class Descriptions on the back.....

Evening Flow Yoga: This practice starts with dynamic movement, connecting breath with yoga postures in a flow series to help burn the mental chaos off from your day. We will end class with some longer holds allowing you to get deeper into your body and prepare the mind for a restful evening.

***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.

Ride & Shine: Start your day/week off right with this high energy cycling class. Head out on a journey without leaving the spin room with this simulated road ride using fast flats, steady hills, sprints and interval training.

***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.** 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).**

Transform: This format will focus on core muscles, posture, and balance by using light weights, butt burning stretches, and some elements of ballet.

WARRIOR Rhythm™: Fitness-focused with yoga undertones, WARRIOR Rhythm increases strength, flexibility, and balance. It's yoga+weights+HIIT+mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights, and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing! **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.**

WARRIOR Strength™: Is for all levels and all types who want to sweat and feel their muscles burn! WARRIOR Strength is a one-of-a-kind endorphin rush with playlists that literally rock and original formulas. A combination of two 30 minute formats: **Cardio Countdown**-six challenging stations in a 30 minute HIIT class that will scorch calories. **CARDIO COUNTDOWN** is functional training with an emphasis on cardiovascular conditioning. **Get Pumped**-in just 30 minutes this mobility and strength based class will tighten, tone, lengthen, and sculpt your muscles!

*****EXTRA CHARGE FOR THESE CLASSES: PLEASE SEE FRONT DESK FOR QUESTIONS: TO PAY AND CHECK IN/OUT:**

***Kids Karate/Self Defense:** Students ages 8-12 will learn basic defense skills through the practice of Martial Art techniques. Students will learn blocks, punches, kicks and escapes as well as develop patience, self control, respect, and gain self esteem.