



THE CLUB | TOTAL BALANCE FITNESS

SEPTEMBER 2023 CLASS SCHEDULE

WEBSITE: [THECLUBTB.COM](https://theclubtb.com)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 AM Transform Tina *NO CLASS 9/4	5:30-6:30 AM WARRIOR Rhythm™ Live & Livestream Michele	5:45-6:30 AM Transform Tina	5:30-6:30 AM PiYo Live & Livestream Michele		
8:00-9:00 AM Lift & Sculpt Chelsey *NO CLASS 9/4	8:00-8:45 AM Spin Dance Party Angela	8:00-9:00 AM Lift & Sculpt Chelsey	8:00-8:45 AM Spin Dance Party Angela	8:00-9:00 AM *Flow Yoga Lonnie *NO CLASS 9/1 & 9/8	8:00-9:00 AM WARRIOR Combat™ Live & Livestream Michele
9:15-10:00 AM Healthy For Life Chelsey *NO CLASS 9/4	9:00-9:45 AM HFL 2.0 Angela	9:15-10:00 AM Healthy For Life Lonnie	9:00-9:45 AM HFL 2.0 Angela	9:15-10:00 AM Gentle Yoga Lonnie *NO CLASS 9/1 & 9/8	
	10:00-11:00 AM *S.A.I.L. Noah *Fall Session Begins 9/26		10:00-11:00 AM *S.A.I.L. Noah *Fall Session Begins 9/28		
5:30-6:30 PM Evening Flow Yoga Lindsay *NO CLASS 9/4					

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.)

Gentle Yoga: Yoga class that can be performed seated in a chair or standing on a mat. Class focus will be on flexibility, joint mobility, and breath. We will use multiple props during class to assist with poses. This class will be a great way to recover after a week of cardio and strength training.

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.

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.

***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.

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

WARRIOR Combat™: WARRIOR Combat is boxing inspired, powerful, and fierce. It is for everybody and every **BODY**.

WARRIOR Combat has two 30-minute sections. FIGHT CLUB includes timed intervals and FIGHT NIGHT moves to music. Both sections include boxing combinations, HIIT training, total body conditioning and strength. Have a set of dumbbells handy and get ready to feel like a confident *badass!!* **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 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.**