



## APRIL 2024 CLASS SCHEDULE

WEBSITE: [THECLUBTBF.COM](http://THECLUBTBF.COM)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 AM <b>Sunrise Cycle</b> DuAnn	5:45-6:30 AM <b>Burn &amp; Sculpt</b> + Livestream Michele	6:00-6:30 AM <b>Decompress</b> Tina <b>*NEW CLASS</b> <b>*NEW TIME</b>	5:45-6:30 AM <b>WARRIOR Rhythm™</b> + Livestream Michele	5:45-6:30 AM <b>Ex-Press</b> Tina	
8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey	8:00-8:45 AM <b>Spin Dance Party</b> Shari	8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey	8:00-8:45 AM <b>Spin Dance Party</b> Shari	8:00-9:00 AM <b>*Flow Yoga</b> Lonnie	8:00-8:45 AM <b>Step It Up</b> Michele
9:15-10:00 AM <b>Healthy For Life</b> Chelsey	9:00-9:45 AM <b>HFL 2.0</b> Chelsey	9:15-10:00 AM <b>Healthy For Life</b> Lonnie	9:00-9:45 AM <b>HFL 2.0</b> Chelsey	9:15-10:00 AM <b>Gentle Yoga</b> Lonnie	
	10:00-11:00 AM <b>*S.A.I.L.</b> Noah		10:00-11:00 AM <b>*S.A.I.L.</b> Noah		
5:30-6:30 PM <b>Evening Flow Yoga</b> Lindsay <b>*NO CLASS 4/1</b>	4:15-5:00 PM <b>Hip Hop Strength</b> <b>Werk It!</b> Chelsey <b>*NEW TIME</b>	6:00-6:45 PM <b>The OG Spin</b> Michele	<b>4:15-5:00 PM</b> <b>Transform</b> Tina <b>**UPDATED NEW TIME!!!</b>		

Class Descriptions on the back.....

**Burn & Sculpt:** A combination of strength-building and cardio intervals that target the entire body. With this workout you'll burn calories and melt fat while achieving better posture, stability, core strength and overall toning.

**Decompress:** 30 minute class focused on balance and stretching using the ball, roller, and bands.

**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.

**Ex-Press:** A class that focuses on building lean muscle mass and improving body composition through a combination of strength training exercises and high intensity cardio intervals.

**\*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.

**Hip Hop Strength Werk It!:** A dance cardio workout combined with full body strength training, cooldown, and stretch.

**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.

**\*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](http://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.

**Step it Up:** Circuit style combinations utilizing the step bench to increase our heart rate as we work the lower body with core focused moves to increase strength. \*Can be done with or without a step bench.

**Sunrise Cycle:** Start your day off right with this high energy cycling class. Head out on an early morning journey without leaving the Spin room with this simulated road ride using fast flats, steady hills, sprints and interval training.

**The OG SPIN:** Finish your day off with this high energy cycling class. Head out on a night journey OG style with this simulated ride using fast flats, steady hills, sprints and interval training.

**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+HIIT+mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing! *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 join the Livestream Group @ The Club-Total Balance Fitness Facebook page.*