



THE CLUB | TOTAL BALANCE FITNESS

## JANUARY 2025 CLASS SCHEDULE

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 AM <b>Burn &amp; Sculpt</b> + Livestream Michele		5:45-6:30 AM <b>WARRIOR Rhythm™</b> + Livestream Michele		
8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey	8:00-8:45 AM <b>Power Spin</b> Angela	8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey <b>*NO CLASS on 1/1/25</b>	8:00-8:45 AM <b>Spin Dance Party</b> Angela	8:00-9:00 AM <b>*Flow Yoga</b> Lonnie (fee for nonmembers is paid to instructor) <b>*NO CLASS 1/3/25</b>	8:00-8:45 AM <b>Resolution Solution 2025</b> Angela
9:15-10:00 AM <b>Healthy For Life</b> Chelsey	9:00-9:45 AM <b>HFL 2.0</b> Angela	9:15-10:00 AM <b>Healthy For Life</b> Lonnie <b>*NO CLASS on 1/1/25</b>	9:00-9:45 AM <b>HFL 2.0</b> Angela	9:15-10:00 AM <b>Gentle Yoga</b> Lonnie <b>*NO CLASS 1/3/25</b>	
	10:00-11:00 AM <b>*S.A.I.L.</b> Noah (thru SCC; extra charge, see back) <b>*Winter Session begins 1/2/25</b>		10:00-11:00 AM <b>*S.A.I.L.</b> Noah (thru SCC; extra charge, see back) <b>*Winter Session begins 1/2/25</b>		<b>January 25th 10am-Noon</b> <b>*Girl Power Unleashed Women's Self Defense Workshop</b> <b>Members \$10 Nonmembers \$12</b>
3:30-4:30 PM <b>*Kids Karate</b> Sensei Erin Mix <b>*NO CLASSES 12/30/24 &amp; 1/20/25</b>					
6:00-6:45 PM <b>Guided Goals Spin</b> DuAnn <b>*NEW CLASS</b>	5:30-6:30 PM <b>Power Flow Yoga</b> Lindsay <b>*NO CLASS 12/31/24</b>	5:30-6:15 PM <b>Functional Kettlebell Craze</b> Tina <b>*NO CLASS 1/1/25</b>	5:30-6:30 PM <b>Power Flow Yoga</b> Lindsay <b>*NO CLASS 1/2/25</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. **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.**

**Functional Kettlebell Craze:** This functional kettlebell class will utilize kettlebells and bodyweight with the focus on increasing strength & stability, and improving mobility. The "CRAZE" will finish with more core and stretching to make this a well rounded 45 minute workout.

**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.

**Guided Goals Spin:** A Spin class integrating group EMDR techniques, designed to increase positive self-image, and bring relief to bothersome body symptoms with the use of bilateral motion and guided visualization. EMDR (the leading method to reduce PTSD in a one-on-one therapy setting), is highly effective at increasing "balance within" using group exercise and positive guided visualization. Whether you want a great workout and/or want to increase internal balance, Guided Goals Spin will leave you feeling energized and ready for your day.

**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.

**Power Flow Yoga:** This class is a vigorous, dynamic style of yoga poses with breath and is linked together with continuous movement. Known to be a more athletic style of yoga that can improve flexibility, strengthen muscles, and support endurance. A mind-body connection is also a focus which can help lower stress levels. **PREPARE TO SWEAT!**

**Power Spin:** Focus on cycling power and conditioning, with a few upper body movements mixed in.

**Resolution Solution:** Over all body sculpting using bodyweight, dumbbells and kettlebells.

**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.

**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.**

**\*EXTRA CHARGE FOR THESE CLASSES, PLEASE CHECK IN @ THE FRONT DESK:**

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

**\*Girl Power Unleashed Women's Self Defense Workshop:** This workshop is for girls/women only (minimum age requirement is 13 and must be accompanied by a female parent/guardian). This two hour workshop is designed to build confidence; practice awareness; unleash your inner strength; learn basic defense techniques; and practice using everyday items for defense. Please contact the front desk to reserve your spot; cost is \$10/members and \$12/nonmembers.

**\*Kids Karate/Self Defense:** Students ages 7-12 (2nd-6th grade), 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.

**\*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!!! **Winter session runs January 2, 2025 through March 20, 2025.**