



THE CLUB | TOTAL BALANCE FITNESS

## MAY 2025 CLASS SCHEDULE

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey  <b>*NO CLASS 5/26</b>	8:00-8:45 AM <b>Power Spin</b> Angela	8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey	8:00-8:45 AM <b>Spin Dance Party</b> DuAnn	8:00-9:00 AM <b>*Flow Yoga</b> Lonnie (fee for nonmembers is paid to instructor) <b>*NO CLASS 5/16</b>	8:00-8:45 AM <b>Guided Goals Spin</b> DuAnn  <b>*NO CLASS 5/24</b>
			<b>*Hybrid Room will be closed May 1st, 8th, 15th, 22nd, and 29th from 8:00-9:00 am for private weight training sessions</b>		
9:15-10:00 AM <b>Healthy For Life</b> Chelsey <b>*NO CLASS 5/26</b>	9:00-9:45 AM <b>HFL 2.0</b> Angela	9:15-10:00 AM <b>Healthy For Life</b> Lonnie	9:00-9:45 AM <b>HFL 2.0</b> Angela	9:15-10:00 AM <b>Gentle Yoga</b> Lonnie <b>*NO CLASS 5/16</b>	
	10:00-11:00 AM <b>*S.A.I.L.</b> Noah (thru SCC; extra charge, see back)		10:00-11:00 AM <b>*S.A.I.L.</b> Noah (thru SCC; extra charge, see back)		
	5:30-6:30 PM <b>Power Flow Yoga</b> Lindsay				

Class Descriptions on the back.....

**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.

**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.

**\*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/drop-in fee to instructor).*

**\*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!!! **Spring session runs April 1, 2025-June 17, 2025.**