



THE CLUB | TOTAL BALANCE FITNESS

## DECEMBER 2025 CLASS SCHEDULE

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

PHONE: 509-447-4273

EMAIL: [info@theclubtbf.com](mailto:info@theclubtbf.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey	8:00-8:45 AM <b>Power Spin</b> DuAnn <b>*NO CLASS</b> <b>12/2 &amp; 12/16</b>	8:00-9:00 AM <b>Lift &amp; Sculpt</b> Chelsey	8:00-8:45 AM <b>Spin Dance Party</b> DuAnn <b>*NO CLASS</b> <b>12/4, 12/18, &amp; 12/25</b>	8:00-9:00 AM <b>*Flow Yoga</b> Lonnie (fee for nonmembers is paid to instructor) <b>*NO CLASS</b> <b>12/26</b>	
9:15-10:00 AM <b>Healthy For Life</b> Chelsey		9:15-10:00 AM <b>Healthy For Life</b> Chelsey		9:15-10:00 AM <b>Gentle Yoga</b> Lonnie <b>*NO CLASS</b> <b>12/26</b>	
3:30-4:30 PM <b>*Kids Karate</b> Sensei Erin Mix <b>*NO CLASS</b> <b>12/22 &amp; 12/29</b>					
	5:30-6:15 PM <b>Functional Kettlebell Craze</b> Tina		5:30-6:30 PM <b>Power Yoga</b> Lindsay <b>*NO CLASS</b> <b>12/25</b>		

Class Descriptions on the back.....

**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.

**Healthy for Life:** This class is designed for our senior members. The focus is on functional movement, targeting light cardio, strength, balance, & flexibility.

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

**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!**

**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).

**\*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.