



THE CLUB | TOTAL BALANCE FITNESS

JULY 2026 CLASS SCHEDULE

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM Lift & Sculpt Chelsey	8:00-8:45 AM Power Spin DuAnn	8:00-9:00 AM Lift & Sculpt Chelsey	8:00-8:45 AM Spin Dance Party DuAnn *NO CLASS 7/23		SUMMER SIZZLE SATURDAY SPIN 8:00-8:45 AM DuAnn *NO CLASS 7/25
9:15-10:00 AM Healthy For Life Chelsey	9:00-9:45 AM HFL 2.0 Angela	9:15-10:00 AM Healthy For Life Chelsey	9:00-9:45 AM HFL 2.0 Angela (Michele on 7/2)	9:00-10:00 AM Boot Scootin Boomers Robin *STARTS 7/10	
	10:00-11:00 AM *S.A.I.L. Noah (thru SCC; extra charge, see back) SUMMER SESSION BEGINS 7/7		10:00-11:00 AM *S.A.I.L. Noah (thru SCC; extra charge, see back)		

Class Descriptions on the back.....

Boot Scootin Boomers: Line dancing isn't just for the young and sprightly; it's a fantastic activity for seniors too! If you're wondering where to start or what dances are suitable, you're in the right place!

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 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.

Summer Sizzle Saturday Spin: A fast-paced, high energy interval ride designed to make you sweat!

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

***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!!! **SUMMER session runs July 7, 2026 through August 13, 2026.**