THE CLUB | TOTAL BALANCE FITNESS

NOVEMBER 2026 CLASS SCHEDULE

WEBSITE: THECLUBTBF.COM

PHONE: 509-447-4273
EMAIL: info@theclubtbf.com

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 CLASSES OR STAFF ON THANKSGIVING DAY (11/26)***	8:00-9:00 AM ***Flow Yoga** Lonnie (fee for nonmembers is paid to instructor) ***NO CLASS ON 11/27***	***Pre-Holiday Hustle Spin-November 7th, 14th, & 21st*** 8:00-8:45 AM DuAnn/Tina
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 ***NO CLASSES OR STAFF ON THANKSGIVING DAY (11/26)***	9:15-10:00 AM **Gentle Yoga** Lonnie ***NO CLASS ON 11/27***	***The Saturday After Burn Reset 11/28 8:00-8:45am Tina***
	10:00-11:00 AM ***S.A.I.L.** Noah (thru SCC; extra charge,		10:00-11:00 AM ***S.A.I.L.** Noah (thru SCC; extra charge, see back) ***NO CLASSES OR STAFF ON THANKSGIVING DAY (11/26)***		
3:30-4:30 PM ***Kids Karate** Sensei Erin Mix					
	5:30-6:30pm **Power Flow Yoga** Lindsay				

Class Descriptions on the back……

Gentle Yoga: Yoga class that can be performed seated in a chair or standing on a mat. **This class uses a chair and is tailored for limited mobility and individuals that prefer not to go down to the floor 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.

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.

Pre-Holiday Hustle Spin: This high energy ride is your ultimate pre-holiday stress reliever, combining heavy climbs, fast sprints, and powerful endurance intervals to maximize your caloric burn and boost your endorphins!

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.

****The Saturday After Burn Reset: Kettlebell & Core HIIT (11/28):*** *This fast-paced, 45 minute HIIT class is designed to torch maximum calories, reboot your metabolism, and melt away the holiday stress. Whether you are burning off the extra slice of pie or just escaping the holiday chaos, this workout will leave you feeling re-energized and ready for the rest of the weekend. Utilizing kettlebells and bodyweight, all fitness levels are welcome (modifications provided)!*

****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.

***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!!! ***FALL session runs September 22, 2026 through December 15, 2026.**