North Group Fitness Schedule

603 E. Holland
Spokane, WA 99218
509-467-1500

Group Fitness Schedule
Updated April 2013

Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM			**Ath Training** Tammi				
8:00 AM						**Step** Trish	
9:15 AM	**Choreo Step 30** Tammi	**S.E.T.** Tammi	**Step 30** Lisa	**Weigh Training** Carey	**Rep Reebok/Lift** Tammi	**Rep Reebok/Lift** Trish	
9:45 AM	**Step Drills 30** Tammi		**Zumba** Lisa				
10:20 AM	**Yoga** Tammi	**Yoga** Kim		**Yoga 30** Tammi	**Yoga** Heidi	**Yoga** Naomi	
11:30 AM						**Dance Fusion** Trish	
12:00 PM	**(12:05)Ath Training** Carey		**(12:05)Ath Training**		**(12:05)Ath Training** Carey		
12:30 PM						**Ath Training** Carey	
4:30 PM	**Yoga** Naomi	**Rep Reebok/Lift** Trish	**20!20!20!** Trish	**S.E.T.** Trish	**Step** Kim		
5:45 PM	**S.E.T.** Erica	**Step 30** Erica	**Ath Training** Trish	**Dance Fusion** Trish	**Zumba** Taylor		
6:15 PM		**Dance Fusion30** Erica					
7:00 PM	**Zumba** Lisa		**Zumba** Taylor				

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM		**Cycle** Marcos		**Cycle** Kirk			
7:30 AM						**Cycle** Kirk	
9:30 AM				**Cycle 45** Tammi			
				Yoga 30 Tammi			
6:00 PM	**Cycle** Dana		**Cycle** Dana				

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							**Master Swim**
8:30 AM	**Aqua** Dana		**Aqua** Dana		**Aqua** Dana		
8:15 AM						**Aqua** Erica	
10:30 AM		**Aqua** Tammi		**Aqua** Carey			
4:30 PM					**Master Swim**		
6:00 PM	**Aqua Zumba** Angel	**Master Swim**	**Aqua** Erica				

Appropriate for Lifestyles Program participants.
All classes are 60 minutes unless noted otherwise.
All classes, times, and instructors subject to change and/or cancellation.
Guest pass members may attend classes between the hours of 8 AM and 9 PM only.
This and other Oz club class schedules can be found at http://www.ozfitness.com.
Click on Oz Classes.