



North Group Fitness Schedule

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

Group Fitness Schedule
Updated June 2010

S t u d i o	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM	Ath Training Debbie		Ath Training Tammi				
	8:00 AM						Step Trish	S.E.T. Naomi
	9:15 AM	Choreo Step 30 Tammi	S.E.T. Tammi	Step 30 Lisa	<i>see cycle below</i>	Rep Reebok/Lift Tammi	Lift Clete	
	9:45 AM	Step Drills 30 Tammi		Zumba Lisa	Lean Body 30 Tracie			
	10:20 AM	Pilates 30 Tammi				Yoga Zeny	Yoga Naomi	
	10:50 AM	Yoga 30 Tammi						
	12:05 PM	Ath Training Carey		Ath Training Carey		Ath Training Carey	12:00 Zumba Nicole	
	4:30 PM	Yoga Naomi	Rep Reebok/Lift Naomi	20!20!20! Trish	S.E.T. Heather			
	5:45 PM	S.E.T. Heather	Choreo Step 30 Tammi/Trish	Turbo Kick Box Trish	Zumba Norma			PiYo Emily
	6:15 PM		Step Drills 30 Tammi/Trish					
	7:00 PM	Zumba Lisa	Pilates Tammi/Naomi	Yoga Justin	Pilates 30 Margo			
7:30 PM				Yoga 30 Margo				

C y c l e	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15 AM		Cycle 45 Tracie	←Triathlon prep→	5:15 swim 15			
	5:30 AM		6:00 swim 45 or run 45	Come to all	5:30 Cycle 45 Tammi			
	6:15 AM			or just 1 part!	6:15 run 30			
	7:30 AM						Cycle Mary	
	9:15 AM				Cycle 30 Tracie			
	6:00 PM	Cycle Naomi		Cycle Heather				

P o o l	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15 AM				Swim 15 Tammi			
	6:00 AM		Swim 45 Tracie					
	8:00 AM							Master Swim
	8:30 AM	Aqua Debbie		Aqua Debbie		Aqua Heather		
	8:45 AM						Aqua Mary	
	10:30 AM		Aqua Tammi		Aqua Carey			
	4:30 PM					Master Swim		
6:00 PM	Aqua Carey	Master Swim	Aqua Nicole					

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.