South Group Fitness Schedule

5501 S Regal
Spokane, WA 99223
509-448-8442

Group Fitness Schedule
Updated April 2013

Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	**Strength Fusion** Jacque	**PiYo** Jacque	**Step C.S.I.** Jacque	**Zumba** Lori			
5:30 AM	**Special Ops In Gymnasium**						
8:00 AM	**Pilates** Carol	**Sr Fitness** Tracy	**Pilates** Carol	**Sr Fitness** Tracy	**Zumba** Lori	**Step** Cindy	
9:15 AM	**R.I.P.P.E.D.** Rebekah	**Lift** Carol	**Combo** Cindy	**TKB 30** Rebekah	**Defined Strength** Carol/Beth	**Lift** Cindy	
9:45 AM				**PiYo Strength** Rebekah			
10:30 AM	**Assisted Sr Yoga** Tracy	**Pilates** Gwen	**Pilates 45** Lori	**Dance Fusion** Rebekah	**Yoga** Lynn	**Zumba** Bree/Patricia	
11:30 AM			**Assisted Sr Yoga** Tracy				
3:00 PM							**Coached Yoga 45** Lynn
4:00 PM							**Yoga 75** Lynn
5:30 PM	**Core 15** Anna						
5:45 PM	**S.E.T.** Anna	**R.I.P.P.E.D.** Lori	**Dance Fusion** Rebekah	**R.I.P.P.E.D.** Lori			
6:15 PM	**Yoga 30** Lynn(in cycle						
6:30 PM		**S.E.A.L.S In Gymnasium**		**S.E.A.L.S In Gymnasium**			
6:50 PM		**Zumba** Patricia		**Zumba** Bree			
7:00 PM	**Yoga** Lynn		**PiYo** Jacy				

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	**Cycle** Lori		**Cycle** Sasha		**Cycle** Sasha		
8:00 AM	**Sr Cycle** Amy					**Cycle** Austin	**Cycle** Jacque
9:00 AM							**Yoga 30** Jacque
9:15 AM	**Cycle** Amy		**Cycle** Beth		**Cycle** Lori/Dan		
5:30 PM	**Cycle 45** Lynn			**Cycle 75** Jacque			
5:45 PM		**Cycle** Austin					
6:15 PM	**Yoga 30** Lynn						

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	**Aqua** Laurie	**8:00 - 12:00 Pool Closed for Cleaning**	**Aqua** Beth/Peggy		**Aqua** Laurie		
9:30 AM							
3:00 PM	**Aqua Fitness** Parney		**Aqua Fitness** Parney		**Aqua Fitness** Parney		
5:45 PM		**Aqua Bootcamp** Parney		**Aqua Bootcamp** Parney			

This and other Oz club class schedules can be found at http://www.ozfitness.com.
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.