



East Group Fitness Schedule

14927 E Sprague
Spokane Valley, WA 99216
509-926-1241

Group Fitness Schedule
Updated June 2010

S t u d i o	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM	Lift Tom	Step Becky	Core Training Becky	S.E.T. Becky	Yoga Jami		
	7:30 AM						Step Becky	
	8:00 AM		Senior Fitness Phyllis	Coached Yoga Becky	Senior Fitness Phyllis			
	8:30 AM						S.E.T. Jacque	
	9:15 AM	Rep Reebok Beth	TKB 30 Kelly	Athletic Training Lana	Step 30 Becky	S.E.T. Becky	Yoga (9:30) Jacque	
	9:45 AM		Lean Body 30 Kelly		OnCore 30 Becky			
	10:20 AM		Yoga (10:30) Jacy	Zumba Casey	Pilates Becky	Stretch 30 Becky		
	12:00 PM		Athletic Training Kelly	Yoga Connie	Lift Lana			
	4:00 PM							Zumba Reina
	4:30 PM		Athletic Training Lana		Step Kristi			
	5:00 PM				Lean Body 30 Kristi			
5:45 PM	Step Becky	S.E.T. Lana	Turbo Kick Box Michelle	Lift Tom	Zumba Reina			
7:00 PM	Pilates Jami	Yoga Chelsea	Zumba Pallavi	Yoga Chelsea				

C y c l e	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM		Cycle Lana		Cycle Lana			
	8:00 AM						Cycle 75 GF Team	
	12:00 PM	Cycle Beth		Cycle Molly		Cycle Lana		
6:00 PM	Cycle GF Team		Cycle Katrina					

P o o l	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 AM	Aqua Cherie		Aqua Sport Becky		Aqua Shirley		
	9:15 AM						Aqua Shirley	
	12:00 PM				Pool Cleaning 12:00 - 2:00			
	2:00 PM	Aqua Sport Shirley		Aqua Shirley		Aqua Shirley		
5:30 PM	Aqua Shirley		Aqua Shirley/Jill					

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.