East Group Fitness Schedule

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

Group Fitness Schedule
Updated April 2013

Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM			**S.E.T.** Becky				
7:30 AM						**Step** Becky	
8:00 AM		**Senior Fitness** Phyllis	**Coached Yoga** Becky	**Senior Fitness** Phyllis	**Lifestyles** Becky		
8:30 AM						**S.E.T.** Becky	
9:15 AM	**Defined Strength** Beth	**Step** Becky	**Lean body** Lana		**S.E.T.** Becky		
9:45 AM						**Yoga** Lacy	
10:15 AM		**Stretch 30** Becky					
10:30 AM	**PiYo** Lana				**PiYo** Lana		
12:00 PM		**Athletic Training** Kelly		**S.E.T. (12:05)** Lacy			
4:00 PM							**Latin Dance** Behailu
4:30 PM	**Yoga** Lacy	**Zumba** Reina	**Lean body** Kelley D.	**Zumba** Kendra			
5:45 PM	**Step** Becky	**S.E.T.** Lana	**20/20/20!** Reina	**Lift** Tom	**Latin Dance** Behailu		
7:00 PM		**Yoga** Courtney	**Zumba** Pallavi	**Yoga** Sara			

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		**Cycle** Samantha		**Cycle** Brenda			
8:00 AM						**Cycle75** Brenda	
9:15 AM				**Cycle** Lana			
12:00 PM	**Cycle** Beth		**Cycle** Lana		**Cycle** Lana		
4:30 PM		**Cycle** Samantha					
6:00 PM	**Cycle** Samantha		**Cycle** Samantha				

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	**Aqua** Shirley		**Aqua Sport** Becky				
9:15 AM					**Aqua Zumba** Angel	**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 Zumba** Angel				

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.