

# GROUP FITNESS SCHEDULE

North Park | 8121 N Division Street Spokane, WA

HOURS OF OPERATION

WEEKDAYS: 5AM - 9PM

WEEKENDS: 7:30AM - 6PM



## MON

5:30 AM  
**SPIN**  
BRYAN | S

8:00 AM  
**CIRCUIT WEIGHTS**  
TYLER | C

9:00 AM  
**YOGA**  
PAM | G

10:00 AM  
**CHAIR YOGA**  
KIMMIE | Y

12:00 PM  
**STRENGTH & CARDIO**  
CAREY | G

4:30 PM  
**STRENGTH & CARDIO**  
YOLANDA | G

5:30 PM  
**SPIN**  
KRISTI | S

## TUES

10:00 AM  
**TOTAL BODY**  
CAREY | G

11:30 AM  
**PILATES**  
KIMMIE | G

5:30 PM  
**YOGA FLOW**  
CHRISTINA | Y

5:45 PM  
**TOTAL BODY**  
YOLANDA | G

## WED

5:30 AM  
**SPIN**  
BRYAN | S

8:00 AM  
**CIRCUIT WEIGHTS**  
TYLER | C

9:00 AM  
**YOGA**  
PAM | G

12:00 PM  
**H.I.I.T.**  
CAREY | G

3:30 PM  
**CARDIO BOXING**  
GAGE | G

4:30 PM  
**BARRE FUSION**  
KIMMIE | G

5:30 PM  
**SPIN**  
KRISTI | S

## THURS

10:00 AM  
**TOTAL BODY**  
CAREY | G

10:00 AM  
**CHAIR YOGA**  
KIMMIE | Y

11:30 AM  
**PILATES**  
KIMMIE | G

5:30 PM  
**PILATES**  
CHRISTINA | Y

5:45 PM  
**BOOT CAMP**  
TYLER | G

## FRI

5:30 AM  
**SPIN**  
BRIANNA | S

9:15 AM  
**ACTIVE OLDER ADULTS**  
KIMMIE | Y

9:30 AM  
**STEP FUSION**  
CHRISTINA | G

10:30 AM  
**YOGA**  
KIMMIE | Y

12:00 PM  
**STRENGTH & CARDIO**  
CAREY | G

5:45 PM  
**CARDIO BOXING**  
GAGE | G

## SAT

8:05 AM  
**SPIN**  
KRISTI | S

9:00 AM  
**YOGA**  
PAM | G

10:15 AM  
**STEP**  
MONICA | G

## SUN

1:30 PM  
**INTRO TO STRENGTH**  
TYLER | G

### LOCATION KEY

S: SPIN STUDIO

G: GROUP FITNESS

Y: YOGA STUDIO

C: CIRCUIT ROOM

CLASSES ARE FREE TO MEMBERS | NO RESERVATION NEEDED

EFFECTIVE 4/1/24

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