



## July 2010 - Group Exercise Class Schedule Spectrum Club Alamo Heights

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:45	Hatha Yoga	Angela	1	
5:45-6:45	Cycle	Beth M	3	3,000+
8:30-9:30	Cardio Variety	Damara	2	3,500+
9:00-9:45	Cycle	Shannon	3	3,000+
9:15-10:30	Yoga Power	Peg	1	
9:30-10:30	Sets and Reps	Mary Kay	2	
9:30-10:30	Waterworks	Amy	Pool	
9:45-10:00	Awesome Abs	Shannon	3	
10:30-11:30	Zumba®	Paty	1	3,000+
10:30-11:30	Senior Cardio	Gay	2	1,500+
11:30-12:15	SilverSneakers®	Anthony	1	500+
12:00-12:45	Cycle	Bridget	3	3,000+
1:00-5:00	Kid Power!	Parents		
5:15-6:00	Cardio Variety	Gala	2	3,000+
5:30-6:30	Ballet Barre	Richard	1	
5:30-6:30	Waterworks	Catherine	Pool	
6:00-7:00	BODYPUMP™	Gala	2	
6:00-6:45	Cycle	Katy	3	3,000+
6:30-7:30	Fletcher Pilates®	Richard	1	
7:00-8:00	Zumba®	Mara	2	3,500+

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
6:00-6:45	Cycle	Vicki	3	3,000+
6:45-7:00	Awesome Abs	Vicki	2	
7:00-8:00	Fletcher Pilates®	Richard	1	
8:30-9:30	Step Interval	Mary	2	3,500+
9:30-10:30	Waterworks	Amy	Pool	
9:00-10:00	Cardio Groove	Eryn	1	3,500+
9:30-10:30	BODYPUMP™	Bridget	2	
10:15-11:15	Stretch and Flex	Gale	1	
11:15-12:15	Pilates	Kobey	1	
12:00-12:30	Lunch Crunch	Anthony	2	
1:00-5:00	Kid Power!	Parents		
4:30-5:30	Cardio Variety	Catherine	2	3,000+
5:30-6:30	Yoga Power	Meg	1	
5:30-6:30	Kickbox	Katy	2	4,000+
5:45-6:30	Cycle	Rey	3	3,000+
6:30-7:30	BODYPUMP™	Genice	2	

Wednesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:45	Cycle	Javier	3	4,000+
8:30-9:25	Step Challenge	Mary	2	4,000+
9:30-10:30	Pilates	Richard	1	
9:30-10:30	BOSU	TBA	2	
9:30-10:30	Waterworks	TBA	Pool	
10:30-11:30	Zumba®	Gloria	1	3,000+
10:30-11:30	Senior Cardio	Gale	2	1,500+
11:30-12:15	SilverSneakers®	Gale	1	500+
12:00-12:45	Cycle	Bridget	3	3,000+
1:00-5:00	Kid Power!	Parents		
5:30-6:30	Pilates	Richard	1	
5:30-6:30	Zumba®	Debbie	2	4,000+
5:30-6:30	Waterworks	Catherine	Pool	
6:00-6:45	Cycle	Katy	3	3,000+
6:30-7:30	Yoga Flow	Debbie	1	
6:45-7:45	BODYPUMP™	Amanda	2	

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
6:00-6:45	Cycle	Vicki	3	3,000+
6:45-7:00	Awesome Abs	Vicki	2	
7:00-8:00	Fletcher Pilates®	Richard	1	
8:00-9:00	NIA	Jennifer	1	3,500+
8:30-9:30	Interval	Mary Kay	2	3,500+
9:30-10:30	Waterworks	Amy	Pool	
9:00-10:10	Yoga Flow	Kathy	1	
9:30-10:30	BODYPUMP™	Bridget	2	
10:15-11:15	Stretch and Flex	Gale	1	
12:00-12:30	Lunch Crunch	Anthony	2	
1:00-5:00	Kid Power!	Parents		
4:30-5:30	Zumba®	Monica	2	3,500+
5:30-6:30	Kickbox	Katy	2	3,500+
5:45-6:45	Cycle Challenge	Beth M	3	4,000+
6:00-7:00	Hatha Yoga	Peg	1	
7:00-8:00	BODYPUMP™	Lieseбет	2	

Friday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:30	Yoga Flow	Cindy	3	
8:30-9:30	Yoga Flow	Meg	1	
8:30-9:30	Athletic Interval	Gala	2	4,000+
9:15-10:00	Cycle	Shannon	3	3,000+
9:30-10:30	Zumba®	Gloria	2	3,500+
10:00-10:15	Awesome Abs	Shannon	3	
10:30-11:30	Gentle Yoga	Shelly	1	
10:30-11:30	Zumba® Gold	Gloria	2	3,000+
1:00-5:00	Kid Power!	Parents		
5:00-5:45	Cycle	Beth M	3	3,000+
5:45-6:00	Awesome Abs	Beth M	3	
5:30-6:30	Zumba®	Kimberly	2	3,500+

Saturday				
Time	Exercise Program	Instructor	Studio	Steps*
8:00-9:15	Hatha Yoga	Leslie	1	
8:15-9:15	Cycle Challenge	Rey	3	4,000+
8:30-9:30	Zumba®	Debbie	2	4,000+
9:00-10:00	Outdoor Fletcher Pilates®	Richard	Pool	
9:30-10:30	NIA	Janet	1	3,000+
9:30-10:30	Cycle Challenge	Adrianna	3	3,000+
9:30-10:30	Waterworks	Kerri	Pool	
9:45-10:45	BODYPUMP™	Genice	2	
11:00-12:00	Interval	Katy	2	4,000+
1:00-5:00	Kid Power!	Parents		

\*\*\* No classes on Fourth of July.

Sunday				
Time	Exercise Program	Instructor	Studio	Steps*
9:00-5:00	Kid Power!	Parents		
9:30-10:30	Cycle Challenge	Laurie	3	4,000+
1:00-2:00	Yoga Flow	Mickie	1	
2:00-3:00	Zumba®	Mara	2	3,500+
3:30-4:30	Pilates	Richard	1	
3:30-4:30	BODYPUMP™	Lieseбет	2	
4:00-4:45	Cycle	Beth M	3	3,000+
4:45-5:00	Awesome Abs	Beth M	3	

### Kids' Club Hours

M-F 8:00am-8:00pm  
Sat 8:00am-5:00pm  
Sun 9:00am-5:00pm

### Club Hours

M-Th 5:00am-11:00pm  
Fri 5:00am-10:00pm  
Sat & Sun 7:00am-7:00pm

## Class Description

Athletic Interval	A cardio/strength combination class alternating intervals of strength with cardio athletic drills... intense & challenging.
Awesome Abs	Abdominal exercise class promoting strength, endurance and power of the abdominal and low back muscles.
Ballet Barre	Class of ballet exercises incorporating the ballet barre to build strength, increase flexibility and improve balance.
<b>BODYPUMP™</b>	BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises.
BOSU	A high intensity cardio and conditioning class of low impact moves on and off the BOSU.
Cardio Groove	Cardio class utilizing various dance styles such as salsa, jazz, Broadway, disco, etc. No dance experience required.
Cardio Variety	Cardio class of combined varying formats such as hi/lo, step or interval, not including strength training.
Cycle	A 45 minute Cardiovascular class on stationary bikes. Experience flat roads, hills & speed plays with high-energy & lots of fun, all while improving your cardio strength & power.
Cycle Challenge	This high-intensity 1 hr. cycle class will push your aerobic endurance, build strength, increase speed and power and bring on the challenge!
Fletcher Pilates®	Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power taught by Fletcher Pilates® certified instructor.
Gentle Yoga	Class focuses on the softer side of yoga, teaching classic Hatha yoga postures and breathing techniques with props.
Hatha Yoga	Hatha yoga is the most widely practiced form of yoga in the USA. In addition to using breathing techniques and meditation, Hatha yoga utilizes physical postures to bring about flexibility, balance and strength in the body with the goal of bringing about a healthy body and peaceful mind.
Interval	Cardio Challenge alternating intervals of strength and/or athletic drills.
Kickbox	Cardio conditioning class simulating basic kickboxing.
Kid Power!	Time established for youth and parents to exercise together in specified areas of the club. Ages 8-15. Pool excluded.
Lunch Crunch	30 Minute Express Core Workout
NIA	Class blending movements from the martial arts, dance arts and healing arts.
On the Ball	Class promoting core strength, balance, endurance and flexibility while utilizing a stability ball for an overall workout.
Pilates	Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.
Senior Cardio	Cardio class designed for the Senior population or those interested in lower intensity workouts.
Sets and Reps	Muscular strengthening class incorporating weights and resistance tools.
<b>SilverSneakers®</b>	Strength class of exercises done in a chair using a ball, elastic tubing and weights to increase strength and range of motion.
Step Challenge	Cardio step class that may incorporate varying formats of step movement, step power or multiple step.
Step Interval	A class combining intervals of step with intervals of strength work.
Stretch and Flex	An active flexibility class that uses a variety of stretching techniques. For all levels.
Waterworks	Cardio class in pool using water resistance for a total body workout.
Yoga Flow	Hatha yoga postures flow in carefully balanced sequences. The breath leads the way.
Yoga Power	Rigorous form of Hatha yoga; incorporates internal strength, conditioning & flexibility in a flow series of advanced postures.
<b>Zumba®</b>	Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.
<b>Zumba® Gold</b>	Zumba® Gold is done at a lower intensity, not as fast, but certainly as fun. Same great Latin music and dance are used.

\* All classes may be modified by the individual to accommodate specific needs, limitations or fitness level.

**Steps:** Approximate number of attainable steps earned when wearing a GoZone in this class. The GoZone is a pedometer with a "brain" that tracks steps, distance and calories and is a key component to Spectrum's OnLine Fitness Tracker. Please ask staff about Spectrum's FREE OnLine Fitness Tracker and how it will help you keep track of your fitness results and succeed in reaching your goals. Steps vary based on an individual's effort.