



SPECTRUM
ATHLETIC CLUBS

July 2011 - Group Exercise Class Schedule Spectrum Club Alamo Heights

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:45	Cycle	Beth M	3	3,000+
8:30-9:30	Cardio Variety	Beth B	2	3,500+
9:00-9:45	Cycle	Lisa G	3	3,000+
9:15-10:30	Yoga Power	Lucy	1	
9:30-10:30	Sets and Reps	Beth B	2	
9:30-10:30	Waterworks	Amy	Pool	
9:45-10:00	Awesome Abs	Pat	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	Beth A	3	3,000+
1:00-5:00	Kid Power!	Parents		
5:15-6:00	R.I.P.P.E.D.®	Gala	2	3,000+
5:30-6:30	Yoga	Mara	1	
5:30-6:30	Waterworks	Catherine	Pool	
6:00-7:00	BODYPUMP®	Gala	2	
6:00-6:45	Cycle	Sondra	3	3,000+
6:30-7:30	Fletcher Pilates®	Mara	1	
7:00-8:00	Zumba®	Debbie	2	3,500+

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
6:00-6:45	Cycle	Beth A	3	3,000+
6:45-7:00	Awesome Abs	Beth A	2	
7:00-8:00	Fletcher Pilates®	Mara	1	
8:30-9:30	Step Interval	Mary	2	3,500+
8:30-9:30	Waterworks	TBA	Pool	
9:30-10:30	BODYPUMP®	Bridget	2	
10:15-11:15	Stretch and Flex	Gale	1	
11:30-12:30	Pilates	Mara	1	
12:00-12:30	Lunch Krunch	Anthony	2	
1:00-5:00	Kid Power!	Parents		
5:30-6:30	Yoga Power	Laura	1	
5:30-6:30	Bootie Kick	Amanda	2	4,000+
5:45-6:30	Cycle	Sondra	3	3,000+
6:30-7:30	BODYPUMP®	Amanda	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	Fletcher Pilates®	Kim	1	
9:30-10:30	BODYPUMP®	Jenny	2	
9:30-10:30	Water Interval	Amy	Pool	
10:30-11:30	Zumba®	Gloria	1	3,000+
10:30-11:30	Senior Cardio	Christal	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	Fletcher Pilates®	Mara	1	
5:30-6:30	Zumba®	Debbie	2	4,000+
5:30-6:30	Waterworks	Catherine	Pool	
6:00-6:45	Cycle	Sondra	3	3,000+
6:30-7:30	Yoga Flow	Alicia	1	
6:45-7:45	BODYPUMP®	Amanda	2	

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
6:00-6:45	Cycle	Beth A	3	3,000+
6:45-7:00	Awesome Abs	Beth A	2	
7:00-8:00	Fletcher Pilates®	Desaree	1	
8:00-9:00	NIA	Jennifer	1	3,500+
8:30-9:30	R.I.P.P.E.D.®	Bridget	2	3,500+
8:30-9:30	Waterworks	TBA	Pool	
9:00-10:10	Yoga Flow	Laura	1	
9:30-10:30	BODYPUMP®	Bridget	2	
10:15-11:15	Stretch and Flex	Gale	1	
12:00-12:30	Lunch Krunch	Anthony	2	
1:00-5:00	Kid Power!	Parents		
4:30-5:30	Zumba®	TBA	2	3,500+
5:45-6:45	Cycle Challenge	Beth M	3	4,000+
6:00-7:00	Hatha Yoga	Shari	1	
6:45-7:45	BODYPUMP®	Alex	2	

Friday				
Time	Exercise Program	Instructor	Studio	Steps*
8:30-9:30	Yoga Flow	Meg	1	
8:30-9:30	Athletic Interval	Gala	2	4,000+
9:15-10:00	Cycle	Pat	3	3,000+
9:30-10:30	Zumba®	Gloria	1	3,500+
9:30-10:30	BODYPUMP®	Jenny	2	
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	Sondra	3	4,000+
8:30-9:30	Zumba®	Debbie	2	4,000+
9:30-10:30	NIA	Janet	1	3,000+
9:30-10:30	Cycle Challenge	Adrianna	3	3,000+
9:30-10:30	Waterworks	Marlene	Pool	
9:45-10:45	BODYPUMP®	Amanda	2	
10:30-11:30	Fletcher Pilates®	Kelly/Kim	1	
11:00-12:00	Interval	Amanda	2	4,000+
1:00-5:00	Kid Power!	Parents		

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	Meg	1	
2:00-3:00	Zumba®	Margaret	2	3,500+
3:30-4:30	Fletcher Pilates®	Kelly	1	
3:30-4:30	BODYPUMP®	Jenny	2	
4:00-4:45	Cycle	Beth M	3	3,000+
4:45-5:00	Awesome Abs	Beth M	3	

Spectrum Club Alamo Heights: 822-4742
1246 Austin Highway
www.spectrumclubs.com/alamoheights

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.
BODYPUMP™	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.
Bootie Kick	Challenging workout combining kickboxing and boot camp conditioning/strength drills.
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 Krunch	A fun, challenging high intensity workout for the entire body!
NIA	Class blending movements from the martial arts, dance arts and healing arts.
Pilates	Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.
R.I.P.P.E.D.®	High energy workout that masterfully combines an easy, yet effective cardiovascular routine with weights/resistance. R - Resistance; I - Intervals; P - Power; P- Plyometrics; E - Endurance; D - Diet & Nutrition
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.
SilverSneakers®	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.
Zumba®	Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.
Zumba® Gold	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.