



July 2011 - Group Exercise Class Schedule Spectrum Club Bandera Pointe

SPECTRUM
ATHLETIC CLUBS

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
9:00-9:45	Step Challenge	Regina	1	4,000+
9:15-10:30	Cycle Challenge + Abs	Carmen	Cycle	4,000+
9:30-10:30	Waterworks	Carrie/Amanda	Pool	
9:45-10:25	Total Strength	Regina	1	
10:30-11:55	Bootie Kick	Margie	1	4,000+
12:00-1:00	Pilates	John	1	
1:00-4:00	Family Swim Times	Parents	Pool	
3:00-5:00	Kid Power!	Parents		
5:00-5:55	Kickbox	Margie	1	4,000+
6:00-6:55	Kickbox	Margie	1	4,000+
6:15-7:15	Cycle	Gary	Cycle	3,000+
6:30-7:30	Waterworks	Carrie/Sue	Pool	
7:00-8:00	Hatha Yoga	Janis	1	
7:00-7:30	Crunch	Carol/Donna	Free Motion	

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:15-6:15	Kickbox	Margie	1	4,000+
8:55-9:55	Short Circuit	Mabel/Jessica	1& Main	4,000+
9:00-10:00	Cycle + Abs	Nancy	Cycle	3,000+
10:00-11:00	Zumba®	Elisha	1	4,500+
10:00-10:30	Stretch	Thomas	Free Motion	
3:00-5:00	Kid Power	Parents	KC	
5:00-5:30	Kids in Motion	KC	KC	
5:00-5:55	Zumba®	Marty	1	4,000+
5:00-6:00	Short Circuit	Beverly	Women	3,000+
5:30-6:30	Cycle	Zan	Cycle	3,000+
6:00-7:00	BODYPUMP®	Carmen	1	
6:00-9:00	Family Swim Times	Parents	Pool	
7:00-8:00	Zumba®	Elisha/Melissa	1	4,000+

Wednesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:15-6:00	Cycle	Gary	Cycle	3,000+
8:55-9:55	BODYPUMP®	Debbie	1	
9:00-10:00	Cycle Challenge	Mabel	Cycle	4,000+
9:30-10:30	Waterworks	Diane	Pool	
10:00-11:10	Kickbox	Margie	1	4,000+
11:15-12:15	Yoga	Marilu	1	
1:00-4:00	Family Swim Times	Parents	Pool	
3:00-5:00	Kid Power!	Parents		
5:00-5:55	Kickbox	Margie	1	4,000+
6:00-6:55	Zumba®	Tremain	1	3,000+
6:15-7:15	Cycle Challenge	Mabel	Cycle	3,000+
6:30-7:30	Waterworks	Carrie/Marlene	Pool	
7:00-8:00	Yoga Flow	Becky	1	
7:00-7:30	Crunch	Carol/Donna	Free Motion	

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
5:15-6:15	Kickbox	Margie	1	4,000+
8:55-9:55	Short Circuit	Mabel/Jessica	Main	4,000+
9:00-9:55	Step	Regina	1	4,000+
9:00-10:00	Cycle + Abs	Nancy	Cycle	3,000+
10:00-11:00	Zumba®	Elisha	1	4,500+
10:00-10:30	Stretch	Thomas	Free Motion	
3:00-6:00	Kid Power!	Parents		
5:00-6:00	Zumba®	Cyndie	1	4,000+
5:00-6:00	Short Circuit	Beverly	Women	3,000+
5:00-6:15	Cycle	Kathy/Jean	Cycle	3,000+
6:00-7:00	BODYPUMP®	Shannon	1	
6:00-9:00	Family Swim Times	Parents	Pool	
7:00-8:00	Zumba®	Cyndie	1	4,000+

Friday				
Time	Exercise Program	Instructor	Studio	Steps*
8:45-9:55	Boot Camp	Regina	1	3,500+
9:15-10:30	Cycle Challenge + Abs	Carmen	Cycle	4,000+
9:30-10:30	Waterworks	Amanda	Pool	
10:00-11:00	Yoga Flow	Cindy	1	
1:00-4:00	Family Swim Times	Parents	Pool	
3:00-7:00	Kid Power!	Parents		
5:00-6:00	Zumba®	Kate/Tremain	1	4,000+

Saturday				
Time	Exercise Program	Instructor	Studio	Steps*
8:30-9:20	Step Challenge	Regina	1	4,000+
8:30-9:45	Cycle Challenge	Jean	Cycle	4,000+
9:25-10:25	BODYPUMP®	Regina	1	
10:30-11:25	Cardio Groove	Kate	1	4,000+
11:30-12:30	Yoga Flow	Becky	1	
12:00-4:00	Kid Power!	Parents		
1:00-4:00	Family Swim Times	Parents	Pool	
1:30-2:00	Kids in Motion	KC	1	

Sunday				
Time	Exercise Program	Instructor	Studio	Steps*
1:00-3:00	Kid Power!	Parents		
1:00-1:55	Step Essentials	Emma	1	3,000+
1:00-4:00	Family Swim Times	Parents	Pool	
2:00-3:15	Yoga Power	Kathy	1	
3:30-4:30	BODYPUMP®	Shannon	1	

Kids' Club Hours

Club Hours	M-Th	8:00am-9:00pm	
M-Th	5:00am-11:00pm	Fri	8:00am-8:00pm
Fri	5:00am-10:00pm	Sat	8:00am-2:00pm
Sat & Sun	7:00am-7:00pm	Sun	1:00pm-6:00pm

Spectrum Club Bandera Pointe: 256-4838
11761 Bandera Road
www.spectrumclubs.com/banderapointe

Class Descriptions

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
Boot Camp	Cardio conditioning class of drills with varying stations in interval format.
Bootie Kick	Challenging workout combining kickboxing and boot camp conditioning/strength drills.
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.
Crunch	Exercises promoting strength, internal power, stability and endurance of the body's core. May incorporate fitness tools/small equipment.
Cycle	A 45 min cardiovascular class on stationary bikes. Experience flat roads,hills and speed plays with high energy and lots of fun, all while improving your cardio strength and 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!
Family Swim Times	Pool time specific for youth to swim accompanied by a parent. No lifeguard on duty.
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.
Kids in Motion	Kids' Club activities promoting fitness and movement. Ages specified on schedule.
Pilates	Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.
Short Circuit	Circuit class of strength training exercises and cardio trek and/or cycle,step and hi-low.
Step	Cardio class utilizing the step. Appropriate for most fitness levels.
Step Challenge	Cardio step class that may incorporate varying formats of step movement, step power or multiple step.
Step Essentials	Learn essential form, techniques and instructions for an effective foundation in step.
Total Strength	Strength class utilizing resistance training to promote strength and endurance. Progressive series program structure.
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	A rigorous form of Hatha yoga. This class incorporates internal strength, conditioning and flexibility in a flow series of advanced yoga postures.
Zumba®	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

* 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 a member of the 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.