



July 2010 - Group Exercise Class Schedule Spectrum Club Concord Plaza

Monday				
Time	Exercise Program	Instructor	Floor	Steps*
5:45-6:00	Awesome Abs	Alicia	3	
6:00-6:45	Cycle	Pat	2	3,000+
6:00-7:00	Athletic Interval	Alicia	3	3,000+
7:15-8:15	On the Ball	Margaret	4	
8:15-9:15	Athletic Interval	Leslie	3	3,500+
8:15-9:15	Gentle Yoga	Genice	4	
9:15-10:15	Cardio Sculpt	Deanne	3	3,000+
9:15-10:15	Waterworks	Julie	Pool	
10:30-11:30	Fit For Life	Julie	4	
12:00-1:00	Athletic Interval	Gala	3	3,000+
12:00-1:00	Yoga	Mickie	4	
2:00-4:00	Kid Power!	Parents		
5:00-5:15	Awesome Abs	Sherry	3	
5:15-6:15	BODYPUMP™	Sherry	3	
6:00-7:00	Cycle	John	2	3,000+
6:15-7:00	Step Challenge	Sylvia	3	3,500+
6:15-7:15	Boot Camp	Frank	4	3,000+
7:00-7:30	Stretch & Flex	Sylvia	3	
7:15-8:15	Yoga	Debbie	4	

Tuesday				
Time	Exercise Program	Instructor	Floor	Steps*
6:00-7:00	Yoga	Leslie	4	
8:15-9:15	Waterworks	TBA	Pool	
8:15-9:00	Cycle	Damara	2	
9:00-10:15	Yoga Power	Mickie	4	
9:15-10:15	Athletic Interval	Leslie	3	3,000+
10:15-11:15	Pilates	Tania	4	
11:15-12:15	Deep Water Fitness	Diane	Pool	
12:00-1:00	Cycle	Patty	2	3,000+
12:00-1:00	Boot Camp	Frank	3	3,000+
12:00-1:00	Yoga Flow	Angela D	4	
2:00-4:00	Kid Power!	Parents		
4:30-5:45	Yoga	Jane	4	
6:00-7:00	Cycle	Patty	2	3,000+
6:00-7:00	Waterworks	Catherine	Pool	
6:15-7:15	BODYPUMP™	Angela	3	
7:15-8:15	Zumba®	Debbie	3	4,000+

Wednesday				
Time	Exercise Program	Instructor	Floor	Steps*
6:00-6:45	Cycle	Pat	2	3,000+
7:15-8:15	On the Ball	Margaret	4	
8:15-9:15	Cardio Variety	Damara	3	3,000+
8:15-9:15	Yoga	Angela	4	
9:15-10:15	BODYPUMP™	Sherry	3	
9:15-10:15	Waterworks	Julie	Pool	
10:30-11:30	Fit For Life	Julie	4	
12:00-1:00	Athletic Interval	Gala	3	3,000+
12:00-1:00	Pilates	Caroline	4	
2:00-4:00	Kid Power!	Parents		
5:15-6:15	Cardio Sculpt	Deanne	3	
6:00-7:00	Cycle	John	2	3,000+
6:15-7:15	Boot Camp	Frank	3	3,000+

Thursday				
Time	Exercise Program	Instructor	Floor	Steps*
6:00-7:00	Yoga	Leslie	4	
8:15-9:15	Athletic Interval	Leslie	3	
8:15-9:15	Yoga	Lucy	4	
8:30-9:15	Cycle	Damara	2	3,000+
9:15-10:15	Athletic Interval	Leslie	3	3,000+
9:15-10:15	Pilates	Tania	4	
10:30-11:30	Tai Chi Chuan	Horacio	4	
11:15-12:15	Deep Water Fitness	Diane	Pool	
12:00-1:00	Cycle	Patty	2	3,000+
12:00-1:00	Boot Camp	Frank	3	3,000+
2:00-4:00	Kid Power!	Parents		
5:00-5:15	Awesome Abs	Kelly	3	
5:15-6:15	BODYPUMP™	Kelly	3	
6:00-7:00	Cycle	Patty	2	3,000+
6:00-7:00	Waterworks	Catherine	Pool	
6:15-7:15	Zumba®	Sylvia	3	4,000+

Friday				
Time	Exercise Program	Instructor	Floor	Steps*
5:45-6:00	Awesome Abs	Alicia	3	
6:00-7:00	BODYPUMP™	Alicia	3	
8:15-9:15	Cardio Sculpt	Damara	3	3,500+
8:15-9:15	Yin Yoga	Debbie	4	
9:15-10:15	Sets & Reps	Julie	3	
9:15-10:15	Waterworks	Sherry	Pool	
10:30-11:30	Fit For Life	JoAnna	4	
11:30-12:30	On the Run	Frank		
12:00-1:00	Zumba®	Maria	3	4,000+
12:00-1:00	Pilates	Tania	4	
2:00-4:00	Kid Power!	Parents		
5:30-6:30	Yoga	Debbie	4	

Saturday				
Time	Exercise Program	Instructor	Floor	Steps*
8:00-9:00	BODYPUMP™	Alicia	3	
9:00-10:00	Cycle	Beth	2	3,000+
9:00-10:00	Step Challenge	Sylvia	3	3,500+
9:00-10:00	Pilates	Rotation	4	
9:00-10:00	Waterworks	Catherine	Pool	
10:00-10:15	Awesome Abs	Beth	4	
10:30-11:30	Athletic Interval	John	3	3,000+
10:30-11:30	Yoga	Rotation	4	
1:00-3:00	Kid Power!	Parents		

*** No classes on Fourth of July.

Sunday				
Time	Exercise Program	Instructor	Floor	Steps*
9:30-10:30	Triple Hit	Tracey	3	3,500+
10:00-11:00	Cycle	Katy	2	3,000+
11:00-12:00	Yoga	Debbie	4	
1:00-3:00	Kid Power!	Parents		

Kids' Club Hours

Mon-Thurs	8am-2pm 4pm-8:30pm	
Fri	8am-2pm 4pm-7pm	Later Gator: Thurs/Fri 11am-3pm
Saturday	8am-1:30pm	
Sunday	9am-1:30 pm	

Class Descriptions

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.
Boot Camp	Intense workout for intermediate to advanced exercisers. Includes running, stair climbing, strength and core training and plyometric exercises.
Cardio Sculpt	Aerobic movements keep your heart rate up, while flexibility and toning exercises work your entire body.
Cardio Variety	Cardio class of combined varying formats such as hi/lo, step or interval not including strength training.
Cycle	Cardio cycle class of intervals on stationary bikes.
Deep Water Fitness	An aquatics class designed to appeal to variety of populations. Different types of flotation equipment are available for participants to use during this cardiovascular workout that employs principals of water resistance and buoyancy.
Fit For Life	A class geared toward individuals and special populations interested in recovering or gaining muscular strength, endurance, and flexibility. Most exercises are performed in a seated position.
Gentle Yoga	The softer side of yoga. Teaches classic Hatha yoga postures and breathing techniques with the aid of props.
Kid Power!	Time established for youth and parents to exercise together in specified areas of the club. Ages 8-15. Pool excluded.
On the Ball	Class promoting core strength, balance, endurance and flexibility while utilizing a stability ball for an overall workout.
On the Run	Outdoor running prep class to get you ready for race day! Choose between a 5K or 10K distance!
Pilates	Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.
Salsa	A fun, energetic dance class designed for persons interested in learning basic salsa steps and combinations.
Sets and Reps	Muscular strengthening class incorporating weights and resistance tools.
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.
Tai Chi Chuan	A class suited for any fitness level. Experience fundamentals of the form that helps improve body awareness and sensory motor learning.
Triple Hit	Can you say high intensity? This 60 minute class combines cardiovascular exercise with resistance training making it a workout your body will not soon forget.
Waterworks	Cardio class in pool using water resistance for a total body workout.
Yin Yoga	Yin Yoga targets the connective tissue such as ligaments, bones and joints in the hips, pelvis and lower spine by holding the poses passively for up to five minutes. Good for all levels.
Yoga	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 that will blow you away.
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 fitness goals. Steps may vary based on an individual's efforts.

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