



SPECTRUM
ATHLETIC CLUBS

July 2011 - Group Exercise Class Schedule Spectrum Club Downtown

Monday			
Time	Exercise Program	Instructor	Steps*
12:15-1:00	Gentle Yoga	Elsa	
5:30-6:15	Cycle	Javier	3,000+
6:15-7:15	Hatha Yoga	Cindy	

Tuesday			
Time	Exercise Program	Instructor	Steps*
5:30-6:30	Zumba®	Paty	4,500+
6:30-7:15	Cycle	Andrea	3,000+
11:15-12:15	Sets & Reps	Randy	
12:15-1:00	Cycle	Jen	3,000+
1:00-1:15	Awesome Abs	Jen	
5:30-6:30	Athletic Interval	Jen	2,500+

Wednesday			
Time	Exercise Program	Instructor	Steps*
12:15-1:15	Hatha Yoga	Lucy	
5:30-6:30	Cycle Challenge	Zan	3,500+

M-Th 5:00am-9:00pm
 Friday 5:00am-7:00pm
 Saturday 8:00am-2:00pm
 Sunday Closed

Thursday			
Time	Exercise Program	Instructor	Steps*
5:30-6:30	Zumba®	Paty	4,500+
11:15-11:30	Lunch Crunch	Jen	
11:30-12:15	Sets & Reps	Jen	
12:15-1:00	Cycle	Laurie	3,000+
5:30-6:30	Zumba®	Alyssa	4,500+

Friday			
Time	Exercise Program	Instructor	Steps*
6:30-7:15	Gentle Yoga	Elsa	
12:00-12:45	Sets & Reps	Randy	3,500+
12:45-1:00	Power Nap	Randy	
5:30-6:30	Zumba®	Annie	4,500+

Saturday			
Time	Exercise Program	Instructor	Steps*
9:00-10:00	Zumba®	Alyssa	4,000+

Spectrum Club Downtown: 354-1900
 214 E Travis St
www.spectrumclubs.com/sadowntown

*** Downtown members enjoy Platinum Access on Sundays and Holidays, when we are closed. ***

Class Descriptions

- Athletic Interval** A cardio/strength combination class alternating intervals of strength with cardio athletic drills... intense and challenging.
- Awesome Abs** Abdominal exercise class promoting strength, endurance and power of the abdominal and low back muscles.
- Boot Camp** Cardio conditioning class of drills with varying stations in interval format.
- Cycle** A 45 minute 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 hour Cycle class will push your aerobic endurance, build strength, increase speed and power and bring on the challenge!
- Gentle Yoga** This class focuses on the softer side of yoga, teaching classic Hatha yoga postures and breathing techniques.
- Hatha Yoga** 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.
- Lunch Crunch** 15 minute express core workout. Exercises promoting strength, internal power, stability and endurance of the body's core.
- Power Nap** 15 minutes of relaxation to help you feel refreshed and ready to take on the second half of your day.
- Sets and Reps** Muscular strengthening class incorporating weights and resistance tools.
- Step Interval** A class combining intervals of step with intervals of strength work.
- Zumba®** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Steps: Approximate number of attainable steps earned when wearing a GoZone. A GoZone is a pedometer with a brain that tracks steps, distance and calories. It is a key component to Spectrum's OnLine Fitness Tracker. Please ask any staff member about Spectrum's FREE OnLine Fitness Tracker and how it can help chart your fitness results and succeed in reaching your goals. Steps vary based on individual effort.

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