



SPECTRUM
ATHLETIC CLUBS

July 2010 - Group Exercise Class Schedule Spectrum Club Downtown

Monday			
Time	Exercise Program	Instructor	Steps*
6:30-7:15	Cycle	Sam	3,000+
12:00-12:45	Sets & Reps	Leslie	
12:45-1:30	Yoga Express	Leslie	
5:30-6:15	Cycle	Joann	3,000+
6:15-7:15	Gentle Yoga	Elsa	

Tuesday			
Time	Exercise Program	Instructor	Steps*
5:30-6:30	Zumba®	Paty	4,500+
6:30-7:15	Cycle	Sam	3,000+
11:15-12:15	Athletic Interval	Elsa	2,500+
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	Meg	
5:30-6:30	Cycle Challenge	Sam	3,500+

Thursday			
Time	Exercise Program	Instructor	Steps*
5:30-6:30	Zumba®	Jessica	2,000+
6:30-7:15	Cycle	Sam	3,000+
11:15-11:30	Lunch Crunch	Jen	
11:30-12:15	Sets & Reps	Jen	
12:15-1:15	Cycle	Regina	3,000+
5:30-6:30	Zumba®	Roberto	4,500+

Friday			
Time	Exercise Program	Instructor	Steps*
12:00-1:00	Cycle Challenge	Aaron	3,500+
5:30-6:30	Zumba®	Mara	4,500+

Saturday			
Time	Exercise Program	Instructor	Steps*
9:00-10:00	Step Interval	Elsa	4,000+
10:00-10:15	Awesome Abs	Elsa	

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

*** Downtown members have Platinum Access on Sundays and Holidays.***

M-Th	5:00am-9:00pm
Friday	5:00am-7:00pm
Saturday	8:00am-2:00pm
Sunday	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.
- Body Blitz** A 30 minute fun, efficient and effective lower body strength and core workout.
- 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.
- Sets and Reps** Muscular strengthening class incorporating weights and resistance tools.
- Step Interval** A class combining intervals of step with intervals of strength work.
- Yoga Express** A 30 minute class of breathing techniques with classic postures for flexibility, balance, strength and a peaceful mind. Great class for beginners.
- 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 covered

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