



July 2011 - Group Exercise Class Schedule Spectrum Club Evans Road

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	BODYPUMP®	Michelle	2	
5:30-6:15	Cycle	Petra	3	3,000+
8:30-9:25	Zumba®	Kimberly	1	3,000+
8:30-9:30	R.I.P.P.E.D.®	Kristy	2	3,500+
9:30-10:25	Kickbox	Didi	1	3,000+
10:30-11:30	Yoga Flow	Tamra	1	
10:30-11:30	Zumba® Gold	Marcella	2	1,500+
12:00-1:00	Pilates	Maya	1	
12:00-1:00	BODYPUMP®	Kristy	2	
12:00-1:00	C.I.T.	Carli	3	3,500+
4:30-5:30	BODYPUMP®	Amanda	2	
5:30-5:30	Kids in Motion	KC	2	
5:30-6:25	Pilates	Eddie	1	
6:00-7:00	Cycle Challenge	Javier	3	3,500+
6:30-7:25	Zumba®	Maria	1	3,000+
6:30-7:30	BODYPUMP®	Tamra	2	

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Zumba®	Luci	1	3,000+
8:30-9:15	Step Challenge	Lisa	2	3,000+
9:15-9:25	Awesome Abs	Lisa	2	
9:30-10:30	BODYPUMP®	Lisa	2	
10:30-11:30	Cycle	Tamra	3	3,000+
10:35-11:35	Ballet Basics	Sara	1	
11:45-12:45	Waterworks	Tamra	Pool	
12:00-1:00	Pilates	Maya	1	
4:45-5:30	R.I.P.P.E.D.®	Gala	2	3,000+
5:30-6:30	Ashtanga Yoga	Marilu	1	
5:30-6:30	BODYPUMP®	Gala	2	
6:00-6:45	Cycle Challenge	Marylynn	3	3,500+
6:35-7:35	Boot Camp	John	2	3,000+
6:35-7:35	Zumba®	Margaret	1	3,000+
6:45-7:00	Awesome Abs	Marylynn		

Wednesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	BODYPUMP®	Michelle	2	
8:30-9:30	R.I.P.P.E.D.®	Kelly	2	3,500+
8:30-9:30	Cardio Groove	Joslyn	1	3,000+
9:30-10:30	Bootie Kick	Carli	2	3,000+
9:30-10:00	Pilates Express	Joslyn	1	
10:05-11:05	Yoga Flow	Carol	1	
10:30-11:30	Pilates Gold	Maya	2	
4:30-5:00	Kids in Motion	KC	2	
5:00-5:55	Cardio Groove	Kimberly	2	3,000+
5:35-6:30	Pilates	Eddie	1	
6:00-7:00	Cycle Challenge	Stephanie	3	3,500+
6:00-7:00	BODYPUMP®	Tamra	2	
6:30-7:15	Belly Dance	Silvia	1	
7:00-8:00	Kickbox	Tamra	2	3,000+
7:15-8:15	Zumba®	Silvia	1	3,000+

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Zumba®	Luci	1	3,000+
8:30-9:25	Step Challenge	Christina/Kristy	2	3,500+
9:30-10:30	BODYPUMP®	Kristy	2	
9:30-10:30	TurboKick™	Carli	1	3,000+
10:35-11:35	Yoga Flow	Laurie	1	
11:45-12:45	Waterworks	Tamra	Pool	
12:00-1:00	Pilates	Maya	1	
4:30-5:25	Cardio Groove	Tamra	1	3,000+
5:30-6:25	Ashtanga Yoga	Marilu	1	
5:30-6:30	BODYPUMP®	Jim	2	
5:30-6:00	Kids in the Kitchen	KC	KC	
6:00-7:00	Cycle Challenge	Paula	3	3,500+
6:30-7:30	Zumba®	Silvia	1	3,000+
6:30-7:30	Boot Camp	Bethany/Kelly	2	3,000+

Friday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:15	Cycle	Shelly	3	3,000+
8:30-9:25	Zumba®	Kim	1	3,000+
9:00-9:45	Cycle	Bridget	3	3,000+
9:30-10:25	Kickbox	Didi	1	3,000+
9:30-10:30	Sets & Reps	Paula	2	
10:30-11:30	Yoga Flow	Olga	1	
10:30-11:30	Zumba® Gold	Marcella	2	1,500+
12:00-1:00	BODYPUMP®	Gala	2	
12:00-1:00	Cycle	Carli	3	3,000+
6:00-7:00	Zumba®	Edna	1	3,000+

Saturday				
Time	Exercise Program	Instructor	Studio	Steps*
9:00-10:00	Cycle Challenge	Bridget	3	3,000+
9:00-10:00	Yoga	Tamra	1	
9:00-10:00	R.I.P.P.E.D.®	Alex	2	3,500+
10:00-11:00	Kickbox	Tamra/Theresa	1	3,000+
10:00-11:25	Zumba®	Margaret	2	4,500+
11:30-12:30	BODYPUMP®	Michelle	2	
11:30-12:30	Waterworks	Tamra	Pool	

Sunday				
Time	Exercise Program	Instructor	Studio	Steps*
10:00-11:00	BODYPUMP™	Bridget	2	
11:00-12:00	Zumba®	Silvia	1	3,000+
11:15-12:00	Cycle	Bridget	3	3,000+
3:00-4:30	Yoga Flow	Marilu	1	

Club Hours

Mon-Thurs 5am - 11pm
 Fri 5am - 10pm
 Sat & Sun 7am - 7pm

Kids' Club Hours

Mon- Fri 8am - 8pm
 Sat 8am - 5pm
 Sun 9am - 5pm

Spectrum Club Evans Road: 490-8777
 21044 U.S. Highway 281

Class Descriptions

Ashtanga Yoga	A Yoga class involving synchronized breath and a specific progressive series of postures for a purifying sweat.
Awesome Abs	Abdominal exercise class promoting strength, endurance and power of the abdominal and low back muscles.
Ballet Basics	Class of ballet exercises to build strength, increase flexibility and improve balance.
Belly Dance	This class will help enhance your flexibility, balance and also work with cardio. Start with a warm up stretch and move into isolated drills that will help strengthen your core muscles and lastly ending with shimmies and ab isolations.
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	A boot camp, kickboxing challenge! This high-energy interval training combines kickboxing cardio drills with strength and stabilization exercises.
Cardio Groove	Cardio class consisting of various dance styles such as salsa, jazz, Broadway, disco, etc. No dance experience required.
C.I.T.	A Cycle Interval training class that intermixes 5 min cycle rides with 1-2 mins of strength training. Specifically designed for functional strength, this class will leave you feeling strong and empowered.
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!
Hip Hop Hustle™	Burn up the dance floor and burn calories too! Hip Hop HUSTLE™ blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! From the creators of TURBOKICK™.
Kickbox	Cardio conditioning class simulating basic kickboxing.
Kids In Motion	Kids' Club activities promoting fitness and movement.
Kids in the Kitchen	Workshop about healthy nutrition while creating fun and tasty snacks.
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
Pilates	Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.
Pilates Express	30 Minute condensed Pilates Class.
Pilates Gold	Pilates class done at a lower intensity but it certainly is as effective. Improves flexibility, balance, muscular strength and posture.
Sets and Reps	Muscular strengthening class incorporating weights and resistance tools.
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.
TurboKick®	It's a combination of intense kickboxing and dance; all perfectly choreographed to high-energy music.
Yoga Flow	Hatha yoga postures flow in carefully balanced sequences. The breath leads the way.
Zumba®	Zumba fuses hypnotic 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 it certainly is as fun. The same great Latin styles of music and dance steps.
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.