



July 2010 - 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®	Maria	1	3,000+
8:30-9:25	Total E Fit	Laurie	2	3,000+
9:30-10:25	Kickbox	Didi	1	3,000+
9:30-10:30	Deep Water	Kelli	Pool	
9:30-10:00	Crunch	Laurie	2	
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	
5:00-5:30	Kids in Motion	KC	2	
5:30-6:25	Pilates	Eddie	1	
5:30-6:25	Step	Christina	2	4,000+
6:00-7:00	Cycle Challenge	Pat	3	3,000+
6:30-7:25	Zumba®	Maria	1	3,000+
6:30-7:30	BODYPUMP™	Tamra	2	
7:30-8:30	TurboKick	Jodi	1	3,000+

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	
9:30-10:30	Cycle	Tamra	3	3,000+
10:35-11:35	Ballet Basics	Sara	1	
12:00-1:00	Pilates	Maya	1	
4:30-5:30	Cardio Groove	Kris	1	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	3,000+
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	Cardio Groove	Joslyn	1	3,000+
9:30-10:30	Bootie Kick	Carli/Tamra	2	3,000+
9:30-10:00	Pilates Express	Joslyn	1	
9:30-10:30	Deep Water	Kelli	Pool	
10:05-11:05	Yoga Flow	Carol	1	
10:30-11:30	Pilates Gold	Maya	2	
4:30-5:30	Yoga Flow	Lucy	1	
4:30-5:00	Kids in Motion	KC	2	
5:35-6:30	Pilates	Eddie	1	
5:00-5:55	Cardio Groove	Maria	2	3,000+
6:00-7:00	Cycle Challenge	Stephanie	3	3,500+
6:30-7:15	Belly Dance	Silvia	1	
6:00-7:00	BODYPUMP™	Tamra	2	
7:05-8:00	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	2	3,000+
5:30-6:15	Cycle	Petra	3	3,000+
8:30-9:25	Step Challenge	Christina/Kristy	2	4,000+
9:30-10:30	BODYPUMP™	Kristy	2	
9:30-10:30	TurboKick	Carli	1	3,000+
10:35-11:35	Yoga Flow	Laurie	1	
12:00-1:00	Pilates	Maya	1	
5:30-6:25	Ashtanga Yoga	Olga	1	
5:30-6:30	BODYPUMP™	Angela	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+
6:35-7:35	Boot Camp	Keith	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+
8:30-9:15	Cycle	Julie	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	Laurie	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+
6:00-6:55	Cardio Groove	Lauren	2	3,000+
7:00-8:00	Zumba®	Jessica	2	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	
10:00-11:00	Kickbox	Tamra	1	3,000+
10:00-11:25	Zumba®	Margaret	2	4,500+
11:00-11:25	Crunch	Michelle	1	
11:30-12:30	Pilates	Mickie	1	
11:30-12:30	BODYPUMP™	Michelle	2	

*** No classes on Fourth of July.

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

Club Hours

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

Kids' Club Hours

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

Spectrum Clubs Evans Road: 490-8777

21044 Highway 281

www.spectrumclubs.com

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.
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!
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.
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.
Total E Fit	A full-body strength and cardio workout utilizing the slanted riser to turn your step into a incline bench
Triple Hit	Cardio, Strength, Agility. Can you say intensity? This 60 minute class combines cardiovascular exercise with resistance training making it a workout your body will not soon forget.
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.