



SPECTRUM
ATHLETIC CLUBS

July 2010 - Group Exercise Class Schedule Spectrum Club Hill Country Village

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
8:15-9:00	Step	Tracey	1	4,000+
8:30-9:30	Pilates	Maya	2	
9:00-10:00	BODYPUMP™	Kelly	1	
9:30-10:30	Hatha Yoga	Alycia	2	
9:30-10:30	Waterworks	Bethany	Pool	
10:00-10:55	Zumba®	Francesca/Maria	1	4,500+
11:00-11:55	Senior Cardio	Christal	1	1,500+
12:00-1:00	BODYPUMP™	Debbie	1	
12:00-1:00	Cycle	Carli	Cycle	3,500+
12:15-1:00	Pilates Int/Adv	Sandra	2	
3:00-5:30	Kid Power!	Parents		
4:30-5:30	BODYPUMP™	Susan	1	
5:30-6:30	Kickbox	Chris	1	3,500+
5:30-6:30	Pilates	Melanie	2	
5:30-6:15	Cycle	Petra	Cycle	3,000+
5:30-6:15	Trek	Kerri	Track	4,000+
5:30-5:45	Awesome Abs	Trainer	Track	
6:30-7:30	BODYPUMP™	Amanda	1	
6:30-7:30	Yoga Flow	Lisa	2	
6:30-7:30	Waterworks	Kerri	Pool	
7:30-8:30	Zumba®	Margaret	1	4,500+
7:35-9:00	Tai Chi	Ming	2	

Wednesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Yoga	Lisa	2	
8:00-9:00	Abs + Step	Lisa	1	4,000+
8:30-9:30	Pilates	Maya	2	
9:00-10:00	BODYPUMP™	Lisa	1	
9:00-10:00	Short Circuit	Kathy	Women	3,000+
9:30-10:30	Waterworks	Ida	Pool	
10:00-10:55	Zumba®	Carla	1	4,500+
10:00-11:00	Hatha Yoga	Kathy	2	
11:00-11:55	Senior Cardio	Christal	1	1,500+
12:00-1:00	BODYPUMP™	Lisa	1	
12:15-1:00	Pilates Int/Adv	Sandra	2	
3:00-5:30	Kid Power!	Parents		
4:30-5:25	Athletic Interval	Stephanie	1	3,500+
5:30-6:25	Kickbox	Chris	1	3,500+
5:30-6:30	Zumba®	Eryn	2	4,500+
5:30-5:45	Awesome Abs	Trainer	Track	
5:30-6:30	Trek	Zan	Track	4,500+
5:45-7:00	Cycle Challenge	Laurie	Cycle	4,000+
6:30-7:30	BODYPUMP™	Yvonne	1	
6:30-7:30	Hatha Yoga	Terry	2	
7:35-9:00	Tai Chi	Ming	1	

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:45	BODYPUMP™	Lori	1	
5:45-6:45	Cycle + Abs	Petra	Cycle	3,000+
8:30-9:25	Cardio Groove	Joslyn	1	
8:30-9:30	Cycle + Abs	Javier	Cycle	3,500+
9:30-9:55	Pilates Express	Joslyn	1	
9:30-10:30	Waterworks	Beth A	Pool	
10:00-10:45	Total Strength	Bethany	1	
10:00-11:15	Yoga Power	Patricia	2	
10:50-11:35	SilverSneakers®	Beth A	1	
12:00-1:00	Step	Lisa	1	4,000+
12:00-1:00	Cycle + Abs	Beth A	Cycle	3,500+
3:00-5:30	Kid Power!	Parents		
4:30-5:15	Step	Mary	1	4,000+
5:15-6:00	Total Strength	Mary	1	
5:30-6:30	Yoga Flow	Cindi	2	
6:00-6:55	Double Step + Abs	Tracey	1	4,000+
6:15-7:00	Cycle	Dennis	Cycle	3,500+
7:00-8:00	BODYPUMP™	Brandy	1	

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:45	BODYPUMP™	Lori	1	
5:45-6:45	Cycle + Abs	Shelley	Cycle	3,500+
8:30-9:25	Cardio Groove	Joslyn	1	4,500+
9:00-10:00	Hatha Yoga	Christine	2	
9:30-9:55	Pilates Express	Joslyn	1	
9:30-10:30	Waterworks		Pool	
10:00-10:45	Total Strength	Bethany	1	
10:00-11:10	Yoga Power	Meg	2	
10:50-11:35	SilverSneakers®	Jan	1	
11:10-11:30	Pranayama	Meg	2	
12:00-1:00	Cycle + Abs	Marylynn	Cycle	3,000+
3:00-5:30	Kid Power!	Parents		
4:30-5:25	Cardio Groove	Joslyn	1	3,500+
5:30-6:30	BODYPUMP™	Amanda	1	
5:30-6:30	Pilates	Joslyn	2	
6:15-7:00	Cycle	Dennis	Cycle	3,500+
6:30-7:30	Yoga Power	Carl	2	
6:30-7:25	Step Challenge + Abs	Beth B	1	3,500+

Kids' Club Hours Mon- Thurs 8am - 8pm

Club Hours

Mon-Thurs 5am - 11 pm

Fri 5am - 10pm

Closed Tues/Thurs 12-4pm

Fri 8am - 7pm

Sat 8am - 12pm

Sun 10am - 4pm

Spectrum Hill Country Village: 490-9161

15759 San Pedro

www.spectrumclubs.com



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Friday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:30	Cycle	Petra	Cycle	3,000+
8:00-9:00	Abs + Step	Lisa	1	4,000+
8:30-9:30	Pilates	Maya	2	
9:00-10:00	BODYPUMP™	Lisa	1	
9:30-10:30	Yoga Flow	Beth B	2	
9:30-10:30	AquaDance	Ingrid	Pool	
9:30-10:30	Short Circuit	Kathy	Women	
10:30-11:30	Kids Yoga	Kathy	2	
11:00-11:55	Senior Cardio	Christal	1	1,500+
12:00-1:00	BODYPUMP™	Kelly	1	
12:00-1:00	Cycle + Abs	Kathy	Cycle	3,000+
3:00-7:00	Kid Power!	Parents		
5:30-6:30	Cycle + Abs	Beth A	Cycle	3,000+

Saturday				
Time	Exercise Program	Instructor	Studio	Steps*
8:00-8:45	Cardio Variety	Lisa	1	3,500+
8:15-9:00	Cycle	Jen	Cycle	3,000+
8:30-9:30	Waterworks	Ana	Pool	
8:45-9:45	BODYPUMP™	Lisa	1	
9:30-10:30	Pilates Basic	Mickie	2	
9:45-11:00	Double Step + Abs	Tracey	1	4,000+
9:45-10:30	Trek	Lisa	Trek	4,000+
10:30-11:00	Kids Yoga	Kathy/Terry	KC	
11:00-12:00	Hatha Yoga	Kathy/Terry	1	
12:00-4:00	Kid Power!	Parents		

*** No classes on Fourth of July.

Sunday				
Time	Exercise Program	Instructor	Studio	Steps*
8:30-10:00	Cycle Challenge + Abs	Joey	Cycle	3,500+
12:00-4:00	Kid Power!	Parents		
2:00-3:00	Cardio Variety	Lisa	1	4,000+
3:00-4:00	BODYPUMP™	Lisa	1	

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 on line fitness tracker. Please ask a member of the staff about Spectrum's FREE on line fitness tracker and how it will help you keep track of your fitness results and succeed in reaching your goals.

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

Class Descriptions:

AquaDance	Water class that incorporates dance moves such as salsa, merengue, cha cha, mambo, etc. No dance experience required.
Athletic Interval	Cardio/strength class alternating strength intervals with cardio athletic drills.
Awesome Abs	Abdominal exercise class promoting strength, endurance and power of the abdominal and low back muscles.
BODYPUMP™	The original barbell class that strengthens your entire body. This 60 minute workout challenges all of your major your muscle groups by using the best weight room exercises.
Cardio Groove	Cardio class utilizing various dance styles such as salsa, jazz, Broadway, disco, etc. No dance experience required.
Cardio Variety	Cardio class of combined varying formats such as hi/lo, step or interval, not including strength training.
Cycle	A 45 min. Cardiovascular class on stationary bikes. Experience flat roads, hills & speed plays with high-energy & lots of fun, all while improving your cardio strength & power.
Cycle Challenge	This high-intensity 1 hour Cycle class will push your aerobic endurance, build strength, increase speed & power & bring on the challenge!
Double Step	Step class utilizing 2 or more step benches with advanced choreography.
Gentle Yoga	This class focuses on the softer side of yoga, teaching classic yoga postures and breathing techniques with the aid of props.
Hatha Yoga	Hatha yoga is 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.
Kickbox	Cardio conditioning class simulating basic kickboxing.
Kid Power!	Time established for youth and parents to exercise together in specified areas of the club. Ages 8-15
Kids Yoga	Yoga for kids held in the Kids' Club.
Pilates	Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.
Pilates Express	30 Minute condensed Pilates Class.
Pranayama	Breathing lesson
Senior Cardio	Cardio class designed for the Senior population - lower intensity workout.
Short Circuit	Circuit class of strength training and cardio trek or cycle.
SilverSneakers®	Strength class of exercises done in a chair using a ball, elastic tubing and weights to increase strength and range of motion.
Step	Cardio class utilizing the step. Appropriate for most levels.
Step Challenge	Cardio step class that may incorporate varying formats of step movement, step power or multiple step.
Tai Chi	Martial arts class of flow postures promoting balance and endurance
Total Strength	Strength class utilizing resistance training to promote strength
Trek	Cardio interval class of walk/run programs on the treadmill
Triple Hit	Can you say high intensity? This hour class combines cardio 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.
Yoga Flow	Hatha yoga postures flow in carefully balanced sequences.
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®	Latin rhythms and easy to follow steps to a dynamic workout.