

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™	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.
Cardio Groove	Cardio class consisting of 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 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!
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
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
Senior Cardio	Cardio class designed for the Senior population - lower intensity workout.
Short Circuit	Circuit class of strength training and cardio trek.
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 fitness levels.
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
Waterworks	Cardio class in pool using water resistance for a total body workout.
Yoga Flow	Hatha yoga postures flow in carefully balanced sequences. The breath leads the way.
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®	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 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.