



**SPECTRUM**  
ATHLETIC CLUBS

## July 2010 - Group Exercise Class Schedule Spectrum Club Medical Center

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Zumba®	Carla	1	3,500+
6:00-7:00	Boot Camp	Alex	1	3,500+
12:30-1:30	<b>BODYPUMP™</b>		1	
5:30-6:25	Zumba®	Jessica	1	3,500+
6:00-6:45	Cycle	Tony	2	3,000+
6:30-7:25	Athletic Interval	Deann	1	3,000+
7:30-8:30	Yoga	Christine	1	
7:30-8:00	Awesome Abs	Trainer	2	

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Kickbox	Anita	1	3,000+
6:00-7:00	Cycle Challenge	Jorge	2	3,500+
11:25-12:25	Yoga Flow	Christine	1	
12:30-1:30	Zumba®	Carla	1	3,500+
12:30-1:30	Cycle	Mark	2	3,000+
4:30-5:15	Cycle	Layla	2	3,000+
5:15-5:30	Awesome Abs	Layla	2	
5:30-6:25	Zumba®	Gloria	1	3,500+
6:30-7:30	<b>BODYPUMP™</b>	Bridget	1	
6:30-7:30	Cycle Challenge	Jorge	2	3,500+
7:35-8:35	Yoga Flow	Christine	1	
7:30-8:00	Awesome Abs	Trainer	2	

Wednesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Zumba®	Carla	1	3,500+
6:00-7:00	Boot Camp	Sandra	1	3,500+
12:30-1:30	Zumba®	Mara	1	3,500+
5:30-5:55	Crunch	Sandra	1	
6:00-6:55	Kickbox	Sandra	1	3,000+
6:30-7:25	Cycle	Vanessa	2	3,000+
7:00-7:55	Zumba®	Jessica	1	3,500+
7:30-8:00	Awesome Abs	Trainer	2	

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Kickbox	Anita	1	3,000+
6:00-7:00	Cycle Challenge	Jorge	2	3,500+
11:25-12:25	Yoga Flow	Christine	1	
12:30-1:30	<b>BODYPUMP™</b>	Debbie	1	
4:30-5:15	Cycle	Layla	2	3,000+
5:15-5:30	Awesome Abs	Layla	2	
5:30-6:30	Athletic Interval	Deann	1	3,000+
6:35-7:35	<b>BODYPUMP™</b>	Deann	1	
6:30-7:30	Cycle Challenge	Laurie	2	3,500+
7:40-8:40	Pilates	Desaree	1	

Friday				
Time	Exercise Program	Instructor	Studio	Steps*
6:00-7:00	Cycle Challenge	Jorge	2	3,500+
12:30-1:30	Zumba®	Carla	1	3,500+
5:30-6:25	Zumba®	Carla	1	3,500+
6:30-7:30	Yoga Flow	Christine	1	

Saturday				
Time	Exercise Program	Instructor	Studio	Steps*
8:30-9:25	Boot Camp	Sandra	1	3,000+
8:30-9:30	Cycle	Tony	2	3,000+
9:30-10:15	Awesome Abs	Sandra	1	
10:30-11:30	Zumba®	Carla	1	3,500+
11:45-12:45	<b>BODYPUMP™</b>	Susan	1	
1:00-2:00	Yoga	Marilu	1	

**Spectrum Club Medical Center: 615-3838**

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[www.spectrumclubs.com](http://www.spectrumclubs.com)

**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 on line fitness tracker and how it will help you keep track of your fitness results and succeed in reaching your goals.

### Class Descriptions

- Athletic Interval** A cardio/strength combination class alternating intervals of strength with cardio athletic drills... intense & challenging.
- 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. 60-minute workout challenges all major muscle groups by using the best weight-room exercises.
- Boot Camp** Cardio conditioning class of drills with varying stations in interval format.
- Crunch** Exercises promoting strength, internal power, stability and endurance of the body's core. May incorporate fitness tools/small equipment.
- Cycle** Cardiovascular class on stationary bikes. Experience flat roads, hills, speed plays with high-energy and lots of fun, all while improving 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.
- Pilates** Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.
- Yoga** Breathing techniques with classic postures for flexibility, balance, strength and a peaceful mind. Great class for beginners.
- 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.