



## July 2011 - Group Exercise Class Schedule Spectrum Club Medical Center

| Monday     |                   |            |        |        |
|------------|-------------------|------------|--------|--------|
| Time       | Exercise Program  | Instructor | Studio | Steps* |
| 5:30-6:30  | Boot Camp         | Ric        | 1      | 3,500+ |
| 12:30-1:30 | Athletic Interval | Stephanie  | 1      |        |
| 5:30-6:25  | Zumba®            | Alexandria | 1      | 3,500+ |
| 6:00-6:45  | Cycle             | Tony       | 2      | 3,000+ |
| 6:30-7:25  | Kickbox           | Heather    | 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* |
| 6:00-7:00   | Cycle Challenge  | Jorge      | 2      | 3,500+ |
| 11:25-12:25 | Yoga Flow        | Christine  | 1      |        |
| 12:30-1:30  | BODYPUMP®        | Susan      | 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®           | Luci       | 1      | 3,500+ |
| 6:30-7:30   | BODYPUMP®        | Susan      | 1      |        |
| 6:30-7:30   | Cycle Challenge  | Jorge      | 2      | 3,500+ |
| 7:35-8:35   | Yoga Flow        | Christine  | 1      |        |

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

| Thursday   |                   |            |        |        |
|------------|-------------------|------------|--------|--------|
| Time       | Exercise Program  | Instructor | Studio | Steps* |
| 6:00-7:00  | Cycle Challenge   | Jorge      | 2      | 3,500+ |
| 12:30-1:30 | BODYPUMP®         | Susan      | 1      |        |
| 4:30-5:15  | Cycle             | Layla      | 2      | 3,000+ |
| 5:15-5:30  | Awesome Abs       | Layla      | 2      |        |
| 5:45-6:30  | Athletic Interval | Laurie     | 1      | 3,000+ |
| 6:35-7:35  | BODYPUMP®         | Yvonne     | 1      |        |
| 6:30-7:30  | Cycle Challenge   | Laurie     | 2      | 3,500+ |

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

| Saturday    |                  |            |        |        |
|-------------|------------------|------------|--------|--------|
| Time        | Exercise Program | Instructor | Studio | Steps* |
| 8:30-9:30   | Cycle            | Tony       | 2      | 3,000+ |
| 10:30-11:30 | Zumba®           | Mari       | 1      | 3,500+ |
| 11:45-12:45 | BODYPUMP®        | Susan      | 1      |        |
| 1:00-2:00   | Yoga             | Kathy      | 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 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.

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

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

### 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.
- Cardio Variety** Cardio class of combined varying formats such as hi/lo, step or interval, not including strength training.
- 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.
- 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.