



**SPECTRUM**  
ATHLETIC CLUBS

## July 2011 - Group Exercise Class Schedule Spectrum Club Prue Road

| Monday      |                          |            |        |        |
|-------------|--------------------------|------------|--------|--------|
| Time        | Exercise Program         | Instructor | Studio | Steps* |
| 5:45-6:45   | Waterworks               | Regina     | Pool   |        |
| 8:30-9:25   | Yoga                     | Terry      | 1      | 4,000+ |
| 9:15-10:00  | Cycle                    | Veronica   | Cycle  | 3,500+ |
| 9:30-10:30  | <b>BODYPUMP®</b>         |            | 1      |        |
| 10:00-10:15 | Awesome Abs              | Veronica   | Track  |        |
| 10:30-11:25 | Senior Cardio            | Jan        | 1      | 1,500+ |
| 11:30-12:10 | <b>SilverSneakers®</b>   | Jan        | 1      | 500+   |
| 12:30-1:30  | Boot Camp                | Diane      | 1      | 3,500+ |
| 3:00-5:00   | Kid Power!               | Parents    |        |        |
| 4:30-5:25   | Yoga Flow                | Kathy      | 1      |        |
| 5:30-6:15   | Cardio Variety           | Marjan     | 1      | 4,000+ |
| 5:30-6:15   | Cycle                    | Kristen    | Cycle  | 3,000+ |
| 6:15-7:00   | <b>BODYPUMP® Express</b> | Yvonne     | 1      |        |
| 6:30-7:15   | Cycle                    | Dennis     | Cycle  | 3,500+ |
| 6:30-7:30   | AquaDance                | Marty      | Pool   |        |
| 7:05-8:05   | Kickbox                  |            | 1      | 3,500+ |

| Tuesday     |                        |            |        |        |
|-------------|------------------------|------------|--------|--------|
| Time        | Exercise Program       | Instructor | Studio | Steps* |
| 5:45-6:45   | <b>BODYPUMP®</b>       | Emma       | 1      | 3,500+ |
| 9:00-10:00  | <b>Zumba®</b>          | Magda      | 1      | 4,500+ |
| 9:30-10:30  | Waterworks             | Cathy      | 1      |        |
| 10:15-11:15 | <b>SilverSneakers®</b> | Christal   | 1      | 500+   |
| 12:00-12:45 | Cycle                  | Kathy      | Cycle  | 3,500+ |
| 12:15-1:15  | Yoga                   | Cindi B    | 1      |        |
| 3:00-5:00   | Kid Power!             | Parents    |        |        |
| 4:30-5:15   | Cycle                  | Kathy      | Cycle  | 3,500+ |
| 5:30-6:25   | <b>Zumba®</b>          | Magda      | 1      | 4,500+ |
| 5:30-6:30   | Cycle Challenge        | Xamara     | Cycle  | 3,500+ |
| 6:30-7:25   | <b>R.I.P.P.E.D.®</b>   | Bridget    | 1      | 3,500+ |
| 6:30-7:15   | Cycle                  | Javier     | Cycle  | 3,500+ |
| 6:30-7:30   | Waterworks             | Anita      | Pool   |        |
| 7:30-8:30   | <b>Zumba®</b>          | Cyndie     | 1      | 4,500+ |

| Wednesday   |                        |              |        |        |
|-------------|------------------------|--------------|--------|--------|
| Time        | Exercise Program       | Instructor   | Studio | Steps* |
| 5:45-6:45   | Step                   | Regina       | 1      | 4,000+ |
| 6:30-7:15   | Cycle                  | Aaron        | Cycle  | 3,500+ |
| 8:30-9:25   | <b>Zumba®</b>          | Dora         | 1      | 4,500+ |
| 9:30-10:30  | <b>BODYPUMP®</b>       | Susan        | 1      |        |
| 10:35-11:25 | Senior Cardio          | Marcella     | 1      | 1,500+ |
| 11:30-12:10 | <b>SilverSneakers®</b> | Leann        | 1      | 500+   |
| 12:00-12:45 | Cycle                  | Aaron        | Cycle  | 3,500+ |
| 4:30-5:25   | Yoga Flow              | Layla        | 1      |        |
| 5:30-6:30   | <b>Zumba®</b>          | Magda        | 1      | 4,500+ |
| 5:30-6:15   | Cycle                  | Amanda/Kathy | Cycle  | 3,500+ |
| 6:30-7:25   | Kickbox                | Deann        | 1      | 3,500+ |
| 6:30-7:30   | Waterworks             | Anita        | Pool   |        |
| 7:30-8:30   | Yoga Flow              | Kornelia     | 1      |        |

**Spectrum Club Prue Road**  
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| Thursday    |                        |            |         |        |
|-------------|------------------------|------------|---------|--------|
| Time        | Exercise Program       | Instructor | Studio  | Steps* |
| 5:45-7:00   | Interval               | Emma       | 1       | 3,500+ |
| 9:15-10:10  | <b>Zumba®</b>          | Magda      | 1       | 4,500+ |
| 9:30-10:30  | Waterworks             | Cathy      | Pool    |        |
| 10:45-11:45 | <b>SilverSneakers®</b> | Cathy      | 1       | 500+   |
| 12:00-12:45 | Cycle                  | Veronica   | Cycle   | 3,500+ |
| 3:00-5:00   | Kid Power!             | Parents    |         |        |
| 4:30-5:25   | Yoga                   | Cindi B    | 1       |        |
| 4:30-5:15   | Kids' Racquetball      | Roger      | Court 2 |        |
| 5:30-6:15   | Cardio Variety         | Marjan     | 1       |        |
| 5:30-6:15   | Cycle                  | Amanda     | Cycle   | 4,000+ |
| 6:15-6:25   | Awesome Abs            | Marjan     | 1       |        |
| 6:30-7:30   | <b>BODYPUMP®</b>       | Brandy     | 1       |        |
| 6:30-7:00   | Kids in Motion         | KC         | KC      | 3,000+ |
| 7:35-8:35   | <b>Zumba®</b>          | Magda      | 1       | 4,500+ |

| Friday     |                  |            |        |        |
|------------|------------------|------------|--------|--------|
| Time       | Exercise Program | Instructor | Studio | Steps* |
| 6:00-6:45  | Cycle            | Aaron      | Cycle  | 3,500+ |
| 8:30-9:25  | Yoga             | Terry      | 1      |        |
| 9:30-10:30 | <b>Zumba®</b>    | Magda      | 1      | 4,500+ |
| 9:30-10:30 | Waterworks       | Christa    | Pool   |        |
| 4:00-8:00  | Kid Power!       | Parents    |        |        |
| 5:30-6:30  | <b>Zumba®</b>    | Cyndie     | 1      | 4,500+ |
| 6:00-6:45  | Cycle            | Xamara     | Cycle  | 3,000+ |
| 6:45-7:00  | Awesome Abs      | Xamara     | Cycle  |        |

| Saturday    |                           |            |         |        |
|-------------|---------------------------|------------|---------|--------|
| Time        | Exercise Program          | Instructor | Studio  | Steps* |
| 8:15-9:15   | Cardio Variety            | Marjan     | 1       | 4,000+ |
| 9:00-10:00  | Cycle                     | Kristen    | Cycle   | 3,500+ |
| 9:15-10:15  | Hatha Yoga                | Janis      | 1       |        |
| 10:30-11:30 | <b>BODYPUMP®</b>          |            | 1       |        |
| 11:35-1:00  | <b>Zumba®/Belly Dance</b> | Silvia     | 1       | 4,500+ |
| 12:00-2:00  | Kid Power!                | Parents    |         |        |
| 2:30-4:30   | Kids Racquetball          | Dennis     | Court 2 |        |

| Sunday      |                  |              |         |        |
|-------------|------------------|--------------|---------|--------|
| Time        | Exercise Program | Instructor   | Studio  | Steps* |
| 9:00-10:00  | Yoga Flow        | Kathy/Alicia | 1       |        |
| 10:00-2:00  | Kids Racquetball | Dennis       | Court 2 |        |
| 10:00-11:15 | Cycle Challenge  | Kathy/Xamara | Cycle   | 4,000+ |
| 10:15-11:25 | <b>Zumba®</b>    | Margaret     | 1       | 4,500+ |
| 11:30-12:30 | Cardio Variety   | Lenore       | 1       | 4,000+ |
| 12:00-2:00  | Kid Power!       | Parents      |         |        |
| 12:30-1:30  | <b>BODYPUMP®</b> | Carmen       | 1       |        |
| 3:30-5:00   | Tai Chi          | Ming         | 1       |        |

| Club Hours |                | Kids' Club Hours |               |
|------------|----------------|------------------|---------------|
| M-Th       | 5:00am-11:00pm | M-Th             | 8:00am-9:00pm |
| Fri        | 5:00am-10:00pm | Fri              | 8:00pm-8:00pm |
| Sat        | 5:00am-10:00pm | Sat              | 8:00am-2:00pm |
| Sat & Sun  | 7:00am-7:00pm  | Sun              | 9:00am-3:30pm |

## Class Descriptions

|                        |  |
|------------------------|--|
| AquaDance              | Water class that incorporates dance moves such as salsa, meringue, cha cha, mambo, etc. No dance experience required.  |
| 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.  |
| <b>BODYPUMP™</b>       | 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 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 hr. cycle class will push your aerobic endurance, build strength, increase speed and power and bring on the challenge!   |
| 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.  |
| Interval               | Cardio Challenge alternating intervals of strength and/or athletic drills.   |
| 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 in Motion         | Kids' Club activities promoting fitness and movement. Ages specified on schedule.  |
| Kids' Racquetball      | A class for children ages 6 and over to learn the basics of racquetball.   |
| Pilates                | Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power.   |
| <b>R.I.P.P.E.D.®</b>   | High energy workout that masterfully combines an easy, yet effective cardiovascular routine with weights/resistance.<br>R - Resistance; I - Intervals; P - Power; P- Plyometrics; E - Endurance; D - Diet & Nutrition  |
| Sets and Reps          | Muscular strengthening class incorporating weights and resistance tools.   |
| <b>SilverSneakers®</b> | 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 style class of flow postures promoting balance and endurance.   |
| Waterworks             | Cardio class in pool using water resistance for a total body workout.  |
| Xtreme Combat          | Cardio conditioning class simulating martial arts.   |
| 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.  |
| Yoga Power             | A rigorous form of Hatha yoga. This class incorporates internal strength, conditioning and flexibility in a flow series of advanced yoga postures  |
| <b>Zumba®</b>          | Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.  |
| <b>Zumba® Gold</b>     | 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 are used.   |
| <b>Steps:</b>          | 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 fitness goals. Steps may vary based on an individual's efforts. |

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