



July 2010 - Group Exercise Class Schedule Spectrum Club Prue Road

SPECTRUM
ATHLETIC CLUBS

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:45	Waterworks	Regina	Pool	
8:30-9:25	Yoga	Lucy	1	4,000+
9:15-10:00	Cycle	Vanessa	Cycle	3,500+
9:30-10:30	BODYPUMP™	Angela	1	
10:00-10:15	Awesome Abs	Vanessa	Track	
10:30-11:25	Senior Cardio	Jan	1	1,500+
11:30-12:10	SilverSneakers®	Jan	1	500+
12:15-1:15	Boot Camp	Sandra	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	Layla	Cycle	3,000+
6:15-7:00	BODYPUMP™ Express	Yvonne	1	
6:30-7:15	Cycle	Dennis	Cycle	3,500+
6:30-7:30	AquaDance	Marty	Pool	
7:05-8:05	Kickbox	Keith	1	3,500+

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-7:00	Interval	Mary	1	3,500+
9:00-10:00	Zumba®	Magda	1	4,500+
9:30-10:30	Waterworks	Cathy	1	
10:15-11:15	SilverSneakers®	Ida	1	500+
12:00-12:45	Cycle	Vanessa	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	Zumba®	Magda	1	
5:30-6:30	Cycle Challenge	Laurie	Cycle	3,500+
6:30-7:25	Athletic Interval	Laurie	1	3,500+
6:30-7:15	Cycle	Genaline	Cycle	3,500+
6:30-7:00	Kids in Motion	KC	KC	
6:30-7:30	Waterworks	Anita	Pool	
7:30-8:30	Zumba®	Roberto	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	Zumba®	Magda	1	4,500+
9:30-10:30	BODYPUMP™	Angela	1	
10:00-11:00	AquaDance	Marty	Pool	
10:30-11:25	Senior Cardio	Marcella	1	1,500+
11:00-11:30	Kids in Motion	KC	KC	
11:30-12:10	SilverSneakers®	Leann	1	500+
12:15-1:15	Boot Camp	Leann	1	3,000+
4:30-5:25	Yoga	Layla	1	
5:30-6:30	Zumba®	Magda	1	4,500+
5:30-6:15	Cycle	Kathy	Cycle	3,500+
6:30-7:25	Kickbox	Keith	1	3,500+
6:30-7:15	Cycle	Amanda	Cycle	3,500+
6:30-7:30	Waterworks	Anita	Pool	
7:30-8:30	Yoga Flow	Cindy RB	1	

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-7:00	Interval	Emma	1	3,500+
8:15-9:10	Pilates	Mara	1	
9:15-10:10	Zumba®	Magda	1	4,500+
9:30-10:30	Waterworks	Cathy	Pool	
11:15-12:10	SilverSneakers®	Cathy	1	1,500+
12:00-12:45	Cycle	Aaron	Cycle	3,500+
12:15-1:15	Yoga Flow	Jan	1	
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	Aaron	Cycle	4,000+
6:15-6:30	Awesome Abs	Marjan	1	
6:30-7:30	BODYPUMP™	Brandy	1	
6:30-7:15	Cycle	Amanda	Cycle	3,500+
6:30-7:00	Kids in Motion	KC	KC	3,000+
7:30-8:30	Zumba®	Magda	1	

Friday				
Time	Exercise Program	Instructor	Studio	Steps*
6:00-6:45	Cycle	Aaron	Cycle	3,500+
8:30-9:25	Yoga	Olga	1	
9:15-10:00	Cycle	Vanessa	Cycle	3,500+
9:30-10:30	Zumba®	Magda	1	4,500+
9:30-10:30	Waterworks	Bethany	Pool	
12:30-1:30	Boot Camp	Sandra	1	3,000+
4:00-8:00	Kid Power!	Parents		
5:30-6:30	Zumba®	Roberto	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*
8:30-9:25	Cardio Variety	Marjan	1	4,000+
8:30-9:30	Cycle	Patty	Cycle	3,500+
9:30-10:25	Hatha Yoga	Janis	1	
10:00-10:45	Cycle	Kristen	Cycle	3,000+
10:30-11:30	BODYPUMP™	Emma	1	
11:35-1:00	Zumba®/Bellydancing	Silvia	1	4,500+
12:00-2:00	Kid Power!	Parents		
1:00-2:00	Kids Zumba	Silvia	1	
2:30-4:30	Kids Racquetball	Dennis	Court 2	

***Please see reception for special Fourth of July classes.

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

Club Hours

M-Th 5:00am-11:00pm
 Fri 5:00am-10:00pm
 Sat & Sun 7:00am-7:00pm

Kids' Club Hours

M-Th 8:00am-9:00pm
 Fri 8:00pm-8:00pm
 Sat 8:00am-2:00pm
 Sun 9:00am-3:30pm

Spectrum Club Prue Road
5025 Prue Road

www.spectrumclubs.com 641-7777

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.
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 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.
Sets and Reps	Muscular strengthening class incorporating weights and resistance tools.
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 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
Zumba®	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.
Zumba® Gold	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.
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 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