

Group Fitness Schedule

CANOGA PARK



SPECTRUM ATHLETIC CLUBS

Please access our Group Fitness Schedule
Online at www.spectrumclubs.com

Effective Date May 24, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 Cycle Kim W.	5:45-6:30 Cycle Mark	8:00-9:00 Aquamotion Francie	6:00-6:45 Cycle EP	5:30-6:30 Spectrum's DYNAMIC Strength Kim W.	8:00-9:00 Aquamotion Antony	8:30-9:30 Double Step Workout Deb
8:00-9:00 Aquamotion Peter	7:15-7:45 Stretch * Francie	8:30-9:30 Cardio Step with Sculpt Kim	7:15-7:45 Stretch * Francie	8:00-9:00 Aquamotion Francie	8:15-9:15 Cycle Tim	8:30-9:30 Cycle Ulf
8:30-9:30 Power Pump Lisa	7:30-8:30 Pilates Mat Teresa	8:30-9:30 PILATES REFORMER Neda Soderqvist	7:30-8:30 Pilates Mat Peter	8:30-9:30 Cardio, Sculpt & Glide Kim	8:15-9:30 Power Pump Michael	9:30-10:30 Power Low Impact Sharon
8:30-9:45 Yoga * Surreina	8:00-9:00 Aquamotion Peter	8:30-9:45 Yoga* Helene S.	8:00-9:00 Aquamotion Francie	8:30-9:30 PILATES REFORMER Neda Soderqvist	8:30-9:30 PILATES REFORMER Sylvia Lewis	9:30-10:30 Strong Yoga Flow * Neda
8:45-9:30 Interval Express Cycle Kim W.	8:30-9:30 PILATES REFORMER Kim Worthen	8:45-9:30 Interval Express Cycle Helene G.	8:30-9:30 YOGA REFORMER Surreina	8:30-9:45 Hatha Daily Practice * Marydale	8:30-9:45 Yoga * Sri Hari	10:30-11:45 Power Pump Michael
9:30-10:30 Cardio Step Workout Deb	8:30-9:30 Step Circuit Sharon	9:30-10:45 Cardio Drills & Upper Cuts Michael	8:30-9:30 Spectrum's DYNAMIC Strength Helene	8:30-9:30 Cycle Helene S.	9:30-10:30 La Tin-Va Dance Johnny	
9:30-10:30 PILATES REFORMER Kathy Smaul	8:30-9:30 Cycle Carolyn	9:30-10:30 PILATES REFORMER Kim Worthen	8:30-9:30 Cycle Peter	9:30-10:30 La Tin-Va Dance Johnny	9:30-10:30 PILATES REFORMER Kim Worthen	
10:30-11:30 Pilates Mat Peter	8:30-9:45 Yoga @ The Wall * Marydale	9:30-10:30 JAM Neda	8:30-9:45 Hatha Daily Practice* Marydale	9:30-10:45 Power Pump Michael	9:30-10:30 Cycle Peter	
10:30-11:30 PILATES REFORMER Surreina	9:30-10:30 Booiaka Movement Tatiana	10:30-11:30 Senior Motion Francie	9:30-10:30 PILATES REFORMER Kathy Smaul	10:30-11:30 Senior Zumba Francie	9:30-10:30 Cardio Low and Upper Cuts Lisa	
10:30-11:30 Senior Motion Francie	9:30-10:30 Cardio, Bosu, and Sculpt Peter	10:30-11:30 Yoga Detox* Surreina	9:30-10:30 Cardio, Bosu, and Sculpt Lisa	4:30-5:30 JAM Neda	10:30-11:30 Cardio Kickbox Hilary	
12:30-1:30 Zumba Lorena	9:30-10:30 PILATES REFORMER Kim Worthen	1:45-2:45 Aquamotion Pam	10:00-11:15 Easy Does It Yoga * Marydale	5:30-6:30 Cycle Peter	10:30-11:30 Dancing Like the Stars Pat	
12:00-1:15 Yoga * Milla	10:00-11:15 Easy Does It Yoga * Marydale	5:15-6:15 Spectrum's DYNAMIC Strength Peter	10:30-11:45 Abs, Core, and More Michael	7:00-8:00 Cardio Kickbox Geisha		
1:45-2:45 Aquamotion Francie	10:30-11:45 Abs, Core & More Michael	5:30-6:30 PILATES REFORMER Kim Worthen	10:30-11:30 Senior Strength Francie			
4:30-5:30 Intense Sculpt & Drills Coach Neda	10:30-11:30 Senior Strength Francie	5:30-6:30 Belly Dancing Orna	12:00-1:15 Yoga * Milla			
5:30-6:30 Sports Extreme Peter	12:00-1:15 Yoga * Milla	5:30-6:45 Hatha Daily Practice * Marydale	5:30-6:30 Cycle Peter			
5:30-6:30 Cycle Tim	5:30-6:30 Total Body Workout Michelle T.	6:00-7:00 Cycle Jason	6:30-7:30 Iron Core Pilates Peter			
5:30-6:45 Rest, Relax & Renew* Marydale	5:30-6:30 Cardio Hip Hop Janet	6:30-7:30 Cardio, Sculpt & Glide Peter				
6:00-7:00 PILATES REFORMER Sylvia Lewis	6:30-7:30 Yoga Challenge * Purusha	5:30-6:15 Advanced Interval Spin Kim W.	4:15-5:15 PILATES REFORMER Peter			
6:30-7:30 Spectrum's DYNAMIC Strength Staff	6:45-8:15 Yoga Milla	6:45-8:00 Yoga * Milla	4:30-5:30 Coach Neda's Choice Neda			
6:30-7:30 Zumba Michelle T.	7:00-8:00 Aquamotion Peter	7:00-8:00 Aquamotion Peter	5:30-6:30 Cardio, Sculpt & Glide Peter			
7:00-8:15 Hatha Daily Practice* Marydale	7:30-8:30 Ballroom Dancing Pat	7:30-8:30 Zumba Lorena	5:30-6:15 Advanced Interval Spin Kim W.			

PILATES REFORMER

818.884.5034 ext 212 or contact Kim
at kworthen@spectrumclubs.com

Pilates Reformer Classes are fee based
and held in the Pilates studio

Group Fitness Director
Kim Worthen

- Studio #1**
- Studio #2**
- * Yoga Studio**

Please note the scheduled instructor
and/or class may change without notice.

CLASS DESCRIPTIONS

The goal of our Group Fitness Program is to provide you with professional instruction, a safe, effective, well balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and bodymind awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for beginning, intermediate or the advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free. Always work out at your appropriate level of intensity/ability regardless of the level of class. Please note a minimum number of participants is required in order for a class to remain on the schedule.

Cardio and Strength

ABS, CORE & MORE – Discover this effective workout of squats, lunges and plies that not only improve strength and muscle function but also produce long, sleek and defined musculature. Get the legs and buns you've always wanted! Any level of fitness.

AQUAMOTION – Get cool in the pool! An invigorating exercise class, which includes cardiovascular conditioning and upper and lower body muscle toning. Ideal for all fitness levels, those with back and knee problems and pre/post natal women. No swimming skill is required.

BALLROOM DANCE – The art of Ballroom dance for fun and exercise. Incorporates posture, balance, footwork, rhythm and timing. Put some fun in your life. Let's dance! Everyone welcome.

BELLY DANCING – Shimmy your way to a sexy tummy. An exciting cardio workout involving melodic isolations and movement for the arms, torso, hips, and legs. A fantastic core workout.

BOOIAKA – Imagine a one hour dance/cardio session that is taught in a "club dance style!" The emphasis is on having fun, releasing your spirit and feeling the beat. Booiaka is a full immersion dance fusion work out embracing latin, hip hop, reggaeton, brasilian and jamaican style.

CARDIO HIP HOP – A blend of Old School and current Hip Hop, with a splash of jazz and salsa to spice up your dance workout. This non stop cardio class is geared for fun while you burn calories and sharpen up your dance steps. All fitness levels welcome.... new comers always welcome!

CARDIO STEP AND SCULPT – We use the step board with continuous movement to improve cardio endurance, burn calories, and entertain your mind. We utilize the weights to shape your body. What more do you need?

CARDIO KICKBOX – Sweat it out in this class that combines cardiovascular conditioning with boxing, kickboxing and martial arts. Intermediate and advanced.

CARDIO, BOSU, AND SCULPT – Cardiovascular training with integrated strength and balance using the BOSU Balance Trainer. This is a total fitness approach that includes focus on core stabilization, jumper and lower body muscular strength and endurance as well as proprioception and balance. Progressive and challenging.

CYCLE – Start pedaling and let go as your instructor takes you on an aerobic ride of your life! This class is an incomparable workout that uses a stationary bike in a group exercise setting; perfect for the fitness enthusiast, recreational cyclists or serious racer. Intermediate and advanced. Our cycling bikes are compatible with 'LOOK' and 'SPD' cycling shoes. Gym shoes can also be worn.

DANCING LIKE THE STARS – Burn calories like the 'dance stars' a dance class incorporating cha cha, tango, salsa, meringue, swing, quickstep, jive, samba and jazz. No partners. Intermediate to advanced choreography. Learn to dance like a star.

DOUBLE STEP WORKOUT – Take the basics from the step class, add another step board and we have double the fun. A smooth flow of movement from one board to the other and back again, it is a blast. Get ready for a great workout for your body and your mind.

INTENSE SCULPT & GLIDE WITH COACH NEDA – Utilizing the Ball, Step board, Bosu, and weights, you will leave this class knowing you created muscle, gained strength, and developed muscular endurance.

INTERVAL EXPRESS CYCLING – 45 minutes is all you need when you want to burn more calories in less time. Interval training is a proven exercise method that allows you to burn more calories and improve your strength more effectively than any other form of exercise. We take I.T. into the cycle room, so that you can take out the results.

JAM – is the signature class of Neda Soderquist. A Zumba inspired fitness class with a dance twist. A mix of body toning exercises and cardiovascular exercises using low impact footwork and body movements from meringue, salsa, and other forms of dance. NO DANCE EXPERIENCE NECESSARY.

LA TIN-VA DANCE – This class is an innovative style of aerobics which incorporates Latin-inspired dance steps as the foundation of a fun and exciting cardio workout. Let Johnny be your guide, and coach... as you exercise your mind, body and spirit. Set to lively, Latin-house music, you will be dancing - having fun and sweating like crazy as Johnny uses his unique style of teaching... body cues and hand signals... but no talking! Challenge your body, Challenge your mind. Intermediate to advanced.

LOW IMPACT AND UPPER CUTS – A class designed to provide a great cardiovascular workout for members of all fitness levels; includes a warm-up, 30-40 minutes of low impact aerobics, body sculpting and cool down.

POWER LOW IMPACT – This class takes traditional low impact one step further by incorporating high intensity and plyometric low impact moves. Intermediate and advanced.

POWER PUMP – Take this class to improve muscular endurance, tone and definition. Dumbbells, Body bars and Spri bands increase the effectiveness and intensity of this workout.

SENIOR MOTION/SENIOR STRENGTH – A class geared for the older adult. Senior Motion

includes a low intensity, low impact aerobic workout. Senior Strength includes body sculpting. Both classes include a total body stretch.

SENIOR ZUMBA – A Latin inspired dance class geared towards the senior population. Have FUN, FUN, FUN as you burn calories in this simple, effective, energetic dance class.and oh yeah-you're gonna sweat(don't forget your towel).

SPECTRUM'S DYNAMIC STRENGTH – New to Spectrum!!! This class is guaranteed to improve your fitness level, your strength, and your shape with regular attendance. The beauty of this class is in it's simplicity, the guarantee is in the format, and the motivation is in the music, the instructor quality, and the confidence you will have when you see and feel the difference in your body. Absolutely challenging for hard core men and women athletes, simple enough for those new to exercise. Everyone is welcome. A good place to start, a perfect place to continue.

SPORTS EXTREME – Athletic based moves that even the guys will like. Challenge your heart and body in this class that improves stamina and strength while you practice your favorite sports moves and drills.

STEP CIRCUIT – A high-energy step workout combined with a full body-sculpting workout utilizing weights and tubes. Intermediate and advanced.

TOTAL BODY WORKOUT – Everything you need in exercise in one class format for the results you want. Cardio, core, and strength. We utilized the step boards, weights, bars, tubes, bands, and great music to keep you coming back for more.

ZUMBA – Dance away those calories in this fun, energetic, easy to follow dance class. A latin class with an athletic flair.

Body/Mind

EASY DOES IT YOGA – Hatha yoga with a gentle approach allowing you to go at your own pace to improve balance, flexibility, strength and calm.

IRON CORE PILATES – Looking for the next step in Pilates? You will find it here with strong, challenging, yet creative exercises to enhance your core and overall fitness and flexibility. You will see and feel the change.

PILATES MAT – A total body workout that emphasizes body alignment to build muscular strength, balance and harmony. This class focuses on the abdominal area, lower back and hamstrings to create a power center, enabling the rest of the body to move free. All fitness levels.

PILATES REFORMER – Developed from the rehabilitation techniques of Joseph Pilates, this is a safe and effective exercise system using the pilates reformer. This class improves core strength, overall body strength and flexibility, and posture. It will leave you with lean and lengthen musculature. Excellent to help alleviate back pain. This class works for everyone.

REST, RELAX & RENEW – Rest, relax & renew with yoga – a restorative yoga class.

STRETCH – Relax and unwind as you increase your flexibility in this calming stretch class that will help reduce injury, improve performance and relieve stress. All fitness levels.

HATHA FLOW YOGA – Hatha yoga is an ancient form of movement promoting balance, flexibility, strength, and relaxation through various postures and breathing techniques. All fitness levels.

HATHA DAILY PRACTICE – Take your current yoga experience to the next level. Ease into the challenge of this class and improve balance, flexibility and strength.

YOGA – Yoga is a combination of meditation, breathing exercises and physical postures. It harmonizes the body, mind and spirit. Yoga practice can bring you to a sense of peace and well being. It makes your body strong and flexible and improves the respiratory, circulatory, digestive and hormonal systems.

YOGA CHALLENGE – Yoga is an ancient form of movement promoting balance, flexibility, strength, relaxation through various postures and breathing techniques. In this class we challenge your stamina and strength as we build into more challenging postures and hold them a little longer. All levels welcome

YOGA DETOX – Wake up, energize and cleanse with this gentle blend of Hatha yoga, Kundalini yoga, pranayam (breath-work) and meditations designed to rejuvenate and renew your body, mind and spirit. Perfect for all ages and levels of experience.

STRONG YOGA FLOW – is a practice for individuals seeking a more vigorous and meditative experience. Students will link poses and breath, build internal heat and create suppleness in the body through challenging variations of the poses. This class assumes a working knowledge of asana poses

YOGA @ THE WALL – A breathtakingly new approach to yoga incorporating a classroom wall.

STUDIO ETIQUETTE

Our Studio Etiquette guidelines are designed so all members experience a successful, safe and enjoyable workout. Thank you for your cooperation.

1. Classes are a group activity, we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Be considerate of other members' exercise space. Please do not crowd a member who has arrived in class before you.
5. Keep conversation to a minimum.
6. Please do not enter the studio before the current class has finished.
7. Hand held weights or other exercise apparatus is not permitted during Cycle class.
8. Appropriate exercise attire must be worn.
9. Reserving places is not permitted.
10. Gym bags are not permitted in the studio.
11. Water must be in an enclosed, unbreakable container. Food is not permitted.
12. The use of cell phones for talking and texting are not permitted in class. Please turn off all phones or keep in silent mode.
13. We recommend the use of a towel.
14. Members may not use stereo equipment.
15. Please remember personal hygiene and refrain from wearing strong perfume/cologne.
16. We request all equipment be returned to the proper storage area.
17. The use of personal stereos, headsets, etc. is not permitted during class.

Club Hours

Monday-Thursday: 5:00 A.M.-11:00 P.M.

Friday: 5:00 A.M.-10:00 P.M.

Saturday/Sunday: 7:00 A.M.-10:00 P.M.

Kids Club Hours

Monday-Friday: 8:00 A.M.-1:00 P.M.

Monday-Friday: 4:00 P.M.-8:00 P.M.

Saturday: 8:00 A.M.-1:00 P.M.

Sunday: 9:00 A.M.-1:00 P.M.

Reservations are Required: (818) 227-6435



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