



## March 2010 - Group Exercise Class Schedule Spectrum Club Downtown

Monday			
Time	Exercise Program	Instructor	Steps*
6:30-7:15	Cycle	Blair	3,000+
12:00-12:30	Sets & Reps	Leslie	
12:30-1:00	Yoga Express	Leslie	
1:00-1:30	Pilates Express	Leslie	
5:30-6:15	Cycle	Rodney	3,000+
6:15-7:15	Gentle Yoga	Elsa	

Tuesday			
Time	Exercise Program	Instructor	Steps*
5:30-6:30	Zumba®	Paty	4,500+
6:30-7:15	Cycle	Rodney	3,000+
11:15-12:15	Athletic Interval	Elsa	2,500+
12:15-1:00	Cycle	Jen	3,000+
1:00-1:15	Awesome Abs	Jen	
5:30-6:30	Athletic Interval	Jen	2,500+

M-Th	5:00am-9:00pm
Friday	5:00am-7:00pm
Saturday	8:00am-2:00pm
Sunday	Closed

\*\*\* Downtown members have Platinum Access on Sundays and Holidays.\*\*\*

### Class Descriptions

Athletic Interval	A cardio/strength combination class alternating intervals of strength with cardio athletic drills...intense and challenging.
Awesome Abs	Abdominal exercise class promoting strength, endurance and power of the abdominal and low back muscles.
Body Blitz	A 30 minute fun, efficient and effective lower body strength and core workout.
Cycle	A 45 minute cardiovascular class on stationary bikes. Experience flat roads, hills and speed plays with high-energy and lots of fun, all while improving your cardio strength and power.
Cycle Challenge	This high-intensity 1 hour Cycle class will push your aerobic endurance, build strength, increase speed and power and bring on the challenge!
Gentle Yoga	This class focuses on the softer side of yoga, teaching classic Hatha yoga postures and breathing techniques.
Hatha Yoga	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.
Lunch Crunch	15 minute express core workout. Exercises promoting strength, internal power, stability and endurance of the body's core.
Pilates Express	30 minute condensed Pilates Class. Pilates is a 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.
Yoga Express	30 minute Hatha Yoga class.
Zumba®	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

**Steps:** Approximate number of attainable steps earned when wearing a GoZone. A GoZone is a pedometer with a brain that tracks steps, distance and calories. It is a key component to Spectrum's OnLine Fitness Tracker. Please ask any staff member about Spectrum's FREE OnLine Fitness Tracker and how it can help chart your fitness results and succeed in reaching your goals. Steps vary based on individual effort.

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

Wednesday			
Time	Exercise Program	Instructor	Steps*
6:00-6:30	Body Blitz	Julie	
12:15-1:15	Hatha Yoga	Meg	
5:30-6:30	Cycle Challenge	Rodney	3,500+

\*\*Yoga Workshop, Wednesday, March 3rd, 6:30-8:00pm with Meg Stecher\*\*

Thursday			
Time	Exercise Program	Instructor	Steps*
6:30-7:15	Cycle	Blair	3,000+
11:15-11:30	Lunch Crunch	Jen	
11:30-12:15	Sets & Reps	Jen	
12:15-1:15	Cycle	Regina	3,000+
5:30-6:30	Zumba®	Roberto	4,500+

Friday			
Time	Exercise Program	Instructor	Steps*
6:00-6:30	Cycle	Vicki	2,000+
6:30-7:00	Yoga Express	Vicki	
12:00-1:00	Cycle Challenge	Aaron	3,500+
5:30-6:30	Zumba®	Mara	4,500+

**Spectrum Club Downtown: 354-1900**

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