

# Group Fitness Schedule

PALISADES

Effective June 14th, 2010



**SPECTRUM  
ATHLETIC CLUBS**

www.spectrumclubs.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Step Suzie Garacochea	6:15-7:15 Cycle Stephanie Grimes	6:00-7:00 Step Suzie Garacochea	6:15-7:15 Cycle Suzie Garacochea	6:00-7:00 Core Circuit Suzie Garacochea	7:30 - 8:45 Cycle Suzie Garacochea	8:00-9:00 Cycle Shannon Beatty
7:00-7:45 Body Sculpt Suzie Garacochea	7:00-8:30 YOGAthletica Shana Meyerson	7:00-8:00 Cycle Elizabeth/Lori	7:00-8:15 YOGAthletica Shana Meyerson	<b>7:15-8:15 Body Sculpt Kay Garvin</b>	8:00-9:00 Yoga Lite David Roberti	8:30-9:30 Dance & Sculpt Mariana Danilovic
8:00-9:30 Iyengar Yoga Larry Heliker	<b>7:15-8:15 Core Strength Stephanie Grimes</b>	7:15-8:15 Body Sculpt Suzie Garacochea	<b>7:15-8:15 Core Strength Stephanie Grimes</b>	8:15-9:15 Cycle Kristin Schiefele	<b>8:30-9:30 Body Sculpt Karen Voight</b>	9:00-10:15 Cycle/Stretch/Abs Oz Okdemir
<b>8:15-9:15 Advanced Step Stephanie Grimes</b>	<b>8:15-9:30 Step Suzie Garacochea</b>	8:15-9:15 Core Circuit Suzie Garacochea	<b>8:15-9:15 Advanced Step Stephanie Grimes</b>	<b>8:15-9:30 Step &amp; Sculpt Suzie Garacochea</b>	July & August classes will be taught by Neda	
<b>9:30-10:30 Cardio Kick Box Hillary Fischer</b>	8:30-9:30 Lower Back Stretch Vicki DeAnda	<b>9:00-10:00 Boot Camp Ray Bolton</b>	8:30-9:30 Lower Back Pilates Jackline Daneshrad	8:30-9:45 All Levels Yoga Phillip Mansar	9:00-10:00 Cycle Tracy Martins	<b>9:00-10:00 Power Sculpt Karen Voight</b>
9:30-10:30 Fiesta Latina Luly Mitchell	9:30-10:30 Cycle Carol Gilmore	9:30-10:30 Cycle Diane Ekker	9:30-10:30 Cycle Ulf	9:30-10:30 Cycle Suzie Garacochea	9:00-10:00 Pilates Mat Suzie Garacochea	July & August classes will be taught by Diane or Robin
9:30-10:30 Cycle Kristin Schiefele	<b>9:30-10:45 Functional Training Diane Ekker</b>	9:30-10:30 Step & Sculpt Robin Horsfield	9:30-10:45 Functional Training Diane Ekker	<b>9:30-10:30 Cardio Sculpt Plus Ray Bolton</b>	<b>9:35-10:45 JÄM (formerly Zumba) Neda Soderquest</b>	<b>10:00-11:00 Stretch Karen Voight</b>
<b>10:30-11:30 Cardio Sculpt ■ Jackline Daneshrad</b>	9:30-10:45 Cardio Sculpt Plus Ray Bolton	<b>10:00-11:00 Cardio Kick Box Hillary Fischer</b>	<b>9:30-10:45 JÄM (formerly Zumba) Neda Soderquest</b>	<b>10:30-11:30 Cardio Sculpt ■ Jackie Daneshrad</b>	10:00-11:00 Cycle Stacy Macklin	July & August classes are cancelled
10:30-11:30 Pilates Mat Robin Horsfield	10:45-12:15 Yoga Stretch I/II Helen Howlette	10:30-11:30 Cardio Sculpt ■ Jackline Daneshrad	10:45-12:15 Yoga Basics John Gaydos	11:00-12:15 Vinyasa Flow II Ashley Quaine	10:00-11:00 Cycle Stacy Macklin	10:30-12:00 Yoga Stretch I/II John Gaydos
11:30-12:45 Yoga II/III Kali Alexander	<b>4:30-5:30 JÄM (formerly Zumba) Neda Soderquest</b>	11:30-12:45 Yoga II/III Kali Alexander	<b>11:00-12:00 Salsa I/II Jackie Daneshrad</b>	12:30-1:30 Pilates Mat Robin Horsfield	10:00-11:00 Tai Chi Chris Shea	Helen Howlette - 2nd & 4th Sunday of the month
<b>5:00-6:00 Pilates Mat Francine Newton</b>	5:00-6:00 Core Motion/Core Circuit Suzie Garacochea	4:00-5:00 Gym/Cardio Sculpt Sergio Penaloza <small>(meet on the gym floor/cardio area)</small>	5:00-6:00 Lower Back Pilates Jackline Daneshrad	5:30-6:30 Cycle Sergio Penaloza	11:00-12:00 Lower Back Pilates Jackline Daneshrad	4:00-5:30 Hybrid (Cycle/Pilates) Michele Patrick
5:00-6:25 Yoga Flow I/II Raquel Steinberg/Cat Cole**	<b>5:30-6:00 Get Ripped! Neda Soderquest</b>	5:45-6:00 Abs Only Sergio Penaloza	6:00-7:30 Yoga II/III Wayne Lehre	6:30-6:45 Abs Only Sergio Penaloza	11:00-12:30 Yoga II/III Wayne Lehre	
<b>6:00-7:00 Boot Camp Debi Boyle</b>	6:00-7:00 Cycle Suzie Garacochea	6:00-7:00 Cycle Sergio Penaloza	6:15-7:15 Cycle Oz Okdemir		4:15-5:30 Yoga Flow Nicola Dunne	
6:00-7:00 Cycle Sergio Penaloza	6:00-7:15 Yoga Flow II Susan LeSage	<b>6:30-8:00 Power Sculpt Sheila Lee</b>	<b>6:15-6:45 Abs Only Jeff Wells</b>			
6:30-7:30 La-Tin-Va Dance Johnny	<b>6:15-6:45 Abs Only Tracey Smith</b>	6:30-8:00 Iyengar Yoga Larry Heliker	<b>6:45-7:45 Body Sculpt Jeff Wells</b>			
	<b>6:45-7:45 Boot Camp Tracey Smith</b>					

**For more information on  
Pilates Reformer classes,  
please call the Pilates Studio  
at (310) 454-4944**

Group Fitness Manager  
**Tracy Martins**

**Schedule Update Line  
310.459.2582**

Ocean Front Studio  
**Sunset Studio**

**■ Low Intensity**

\*\* Cat will only teach Yin Yoga Stretch the 3rd Monday of each month  
Must sign up for Cycle Classes at Front Desk 30 minutes prior to class  
Please note the scheduled instructors and/or class may change/cancel 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 body-mind 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 ONLY** is a 1/2 hour body sculpting class that focuses exclusively on the abdominal and lower back muscles.

**BODY SCULPT** is an extensive total body workout. This class covers all major muscle groups to tone, strengthen, and define the body. The class may utilize weights, tubes, and the step with focus on proper form and technique.

**BOOT CAMP** Anything and everything goes in this interval workout. This high octane class will increase cardiovascular fitness, muscular endurance and coordination by incorporating boxing moves, basic calisthenics, jump rope, high/low aerobics and more! Intermediate and advanced.

**CARDIO JAM** – Cardio Jam is a low impact workout for everyone. Gotta Move!! Gotta Dance!!! This low impact workout will improve your cardio endurance and teach you some of the latest moves!! Included in this workout is a short abdominal section after the cardio cool down.

**CARDIO KICK BOX** – Experience the power, the energy, the heat in this blistering TKO workout! It's packed with boxing, kickboxing and more. This dynamic workout will make you sweat and burn. Recommended for intermediate to advanced level students.

**CARDIO SCULPT PLUS** is a 60 minute workout that combines 45 minutes of cardiovascular activity utilizing Low Impact Aerobics, Core Motion movements or Bosu along with toning or sculpting exercises using tubing, balls and hand weights. A full body, calorie burning workout!

**CORE CIRCUIT** is the latest breakthrough in training to improve functional conditioning and the quality of exercise. This class targets the core muscle groups working the body as one complete system to tone and sculpt the muscles while improving functional strength, total body balance and coordination. This class utilizes the stability balls and the revolutionary BOSU. Exercises on the BOSU will enhance and improve proprioception and balance.

**CORE MOTION** Using weighted balls, Core Motion Workout focuses on drills, squats, crunches, twists, arm patterns and other creative motions. The weighted ball cranks up your heart rate resulting in greater calorie burn and muscle definition.

**CORE STRENGTH** This class focuses on strengthening and stretching the 'core' muscles of the body. The abdominals and other muscles that support the spine. Core Strength incorporates Pilates Mat exercises as well.

**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. Our cycling bikes are compatible with 'LOOK' and 'SPD' cycling shoes. Gym shoes can also be worn.

**FUNCTIONAL TRAINING** is an innovative and challenging class that uses a variety of training tools. This class combines a cardiovascular workout utilizing the step, BOSU, and hi/lo aerobics alternated with body sculpting exercises done with weights, stability balls, weighted core motion balls and boxing moves. An ultimate workout to strengthen and tone the abs, back, buns, thighs and upper body.

*\*Please note: Tuesday and Thursday morning classes are limited to 35 people. Please stop by the front desk for a number.*

**GET RIPPED!** With Coach Neda is the one stop body shock, a fun high-energy total body conditioning class. You will build muscle, tone, lengthen and strengthen muscles, this class works your whole body! "Come join the party" says Neda!

**GYM CARDIO SCULPT** This class uses many of the different cardio equipment on the gym floor such as treadmills, elliptical machines, stationary bikes, and stair masters with 30 minutes of weights and abs.

**HYBRID** Hybrid is 45 minutes cycle and 30 minutes Yoga.

**PILATES MAT** Tone and strengthen your core, improve your posture using Pilates, Pilates based exercises and other functional training methods. Proper form and technique will be stressed.

**POWER SCULPT**, taught by Karen Voight is her signature workout, a very intense body sculpting class that combines upper body and lower body using hand weights and floor exercises. Her class emphasizes work on the buttocks and legs along with some Pilates inspired abdominal work. Class finishes with Yoga-based stretching. This class is limited to 45 people, please sign in and get a # at the front desk before entering class.

**STEP & ADVANCED STEP** are superior fat burning workouts that involve stepping up and down on an adjustable platform, as well as cardiovascular benefits. 'Step' will tone and condition legs and buttocks. Abdominal workout included.

**STEP & SCULPT** is a total body workout! This class offers the great fat burning benefits of step along with resistance work using either exercise tubing, bands, or weights for toning and strengthening.

### DANCE

**DANCE & SCULPT** – Dance & Sculpt is an innovative workout focusing on cardio dance, followed by a dancers' sculpt featuring core, posture, balance, and building of long lean muscles. Myofascial and select Yoga releases complete this well-rounded workout.

**FIESTA LATINA** – Join Lully for this unique class that takes traditional low impact aerobics one step further by adding elements of jazz, Latin dance and salsa. This Latin Dance Party will create an intoxicating atmosphere guaranteed to make you dance your calories away!

**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.

**SALSA** is a low impact workout that is a combination of basic Latin Salsa, Cumbia, and Cha Cha moves integrated with a tough cardio workout that's sure to leave the avid acrobatiser grasping for more!

**JÁM** is the signature class of Neda Soderquest. A Zumba inspired fitness class with a dance twist. It is a mix of body toning exercises and cardiovascular exercise using low impact footwork and body movements from Merengue, salsa and other forms of dance. NO DANCE EXPERIENCE NECESSARY!

### MIND/BODY

**TAI CHI** offers traditional Yan style Tai Chi training based on slow, even movements of an ancient Chinese martial art. The no-impact nature of the workout makes it the perfect compliment to any exercise regimen. Through a challenging, but no-strenuous workout, Tai Chi improves balance, strength, lower body muscle tone, flexibility, and internal energy (Chi) flow, brining mind and body together as one.

**YOGA** (levels I/II or II/III), a 'Hatha' and/or 'Ashtanga' based class concerned with forms of movement to promote balance, flexibility, strength and relaxation through various postures and breathing techniques. Yoga is beneficial to circulation, the internal organs, and improves your overall sense of well being.

**IYENGAR YOGA** is a form of Yoga based on ancient forms of movement that concentrate on precise and slow technique to promote balance, flexibility, and strength. All levels.

**YIN YOGA STRETCH** is a 'Hatha' and/or 'Ashtanga' based class concerned with forms of movement to promote balance, flexibility, strength and relaxation through various postures and breathing techniques, with emphasis on deep connective tissue and ligaments stretching practice.

**YOGA BASICS** is a class geared for those who are trying yoga for the first time or for anyone coming back to yoga after some time off and would like a 'refresher' introduction. This is a great class for first timers.

**YOGA FLOW/VINYASA FLOW** (level II/III) linking poses with sun salutations. Yoga Flow is a vigorous practice where students will move consistently from pose to pose using breathing and alignment. Based on Ashtanga, but also including some longer holds and seated postures, students build strength and stamina, increased flexibility too.

**YOGA LITE** is a non traditional Yoga class that focuses on stretching and body movements that are geared for all levels of fitness. The class includes some breathing exercises and modified Yoga poses.

**YOGA STRETCH** focuses on Yoga movement that emphasizes stretching. This class takes place on the floor so there is no balance required or strength building, only long, slow stretching. Each stretch is held for an extended period of time.

**YOGATHLETICA** is a spiritually, mentally and physically intense and challenging class, yet totally authentic and accessible to all levels of fitness. YOGAthletica will bring your practice to new levels...guaranteed. Every single practice is completely unique and different from the last. Bring your focus, an open mind, a great attitude... and you'll probably want a towel. In here, you'll sweat! For more information, visit [yogaathletica.com](http://yogaathletica.com).

### LOW INTENSITY CLASSES

For those who prefer a slower pace and lower intensity from the regular classes.

**CARDIO SCULPT** A 60 minute workout that combines cardiovascular activity such as low impact aerobics, using hand weights and/or "core motion" balls, along with toning exercises using tubing bands, balls and hand weights.

**LOWER BACK STRETCH/LOWER BACK PILATES** is a class that focuses on increased core strength and enhanced flexibility. This class is excellent for those who have back issues. This signature class of the Palisades Club has for two decades been a favorite of seniors, those recovering from physical problems, medical rehab, and those in need of general non-aerobic conditioning. Some traditional Pilates moves may be added to enhance the Core strength training part of class.

**STRETCH & SCULPT**, an hour of long, slow stretching and Body Sculpting combined to build strength and flexibility.

## 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 – Friday: 5:00 AM – 10:00 PM  
Saturday & Sunday: 7:00 AM – 8:00 PM

### Kids Club Hours

Mon. – Fri. 8:00 AM – 1:00 PM and 4:00 PM – 8:00 PM  
Sat. & Sun. 8:00 AM – 1:00 PM

Please call for Lator Gator Hours – 310.454.4932

Reservations: 310.454.4932



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**ATHLETIC CLUBS**

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