

# Group Fitness Schedule

REDONDO BEACH

Effective December 13th, 2010



# SPECTRUM ATHLETIC CLUBS

Please access our Group Fitness Schedule  
online at [www.spectrumclubs.com](http://www.spectrumclubs.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 <b>Sunrise Cycle</b> ■ Bill Bartz	6:00-7:00 <b>Power Yoga</b> Amy Beausang	6:00-7:00 <b>Sunrise Cycle</b> ■ Renee Amour	8:30-9:30 <b>Boot Camp</b> ♦ JoAnna Papageorgiou	6:00-7:00 <b>Sunrise Cycle</b> ■ Samantha Smyth	8:00-9:00 <b>Rock, Roll &amp; Ride</b> Brenda Weiner	8:15-9:15 <b>Inner Power Cycle</b> Amy Van Dusen
8:00-9:00 <b>Cycle</b> Tamara Lentz	8:30-9:30 <b>Cardio Core</b> Robert Rose	<b>7:30-8:30 Pilates Reformer Core Challenge</b> Lorry Ray	9:00-10:00 <b>Cycle</b> ■ Gary Richardson	<b>7:30-8:30 Pilates Reformer Total-Body Tune-up</b> Lorry Ray	8:15-9:15 <b>Melt and Chisel Circuit</b> Cynthia Bowser	8:30-9:30 <b>Pilates on the Ball</b> Roxanne Captor
8:30-9:25 <b>Step Mix</b> Debbie Teel	9:00-10:00 <b>Cycle</b> Manuela Schraner	8:00-9:00 <b>Cycle</b> Cynthia Bowser	9:15-10:30 <b>Vinyasa Yoga I/II</b> Yelena Piety	8:30-9:30 <b>Kickbox Extreme</b> Moses James	8:30-9:30 <b>Master Swim</b> Jason Steele	9:15-10:15 <b>Beg. Master Swim</b> Nikki Hazlewood
9:00-10:00 <b>Pilates Mat</b> Roxanne Captor	9:15-10:30 <b>Vinyasa Yoga II/III</b> Terri Dunn	9:00-9:30 <b>Power Sculpt</b> Cynthia Bowser	9:30-10:30 <b>Power Sculpt</b> Debbie Teel	9:00-10:00 <b>High Intensity Cycle</b> ■ Tamara Lentz	8:45-10:00 <b>Vinyasa Yoga Flow II</b> Keith Levin	9:30-10:30 <b>Power Sculpt</b> Debbie Teel
9:15-10:15 <b>Non Stop Power Cycle</b> ■ Ruben Barajas	9:30-10:30 <b>Zumba</b> Joanne Di Padua	9:00-10:00 <b>Pilates Mat</b> Roxanne Captor	<b>10:00-11:00 Pilates Reformer I/II</b> Heidi Revay Starts January 6th	9:15-10:30 <b>Vinyasa Yoga Flow II</b> Marla Wedge	9:00-10:00 <b>Pilates Reformer II</b> Carrie Smaczny	9:30-10:30 <b>Pilates Reformer I/II</b> Roxanne
9:30-10:30 <b>Power Sculpt</b> Bonnie Marder	11:00-12:00 <b>Yin Yoga Tune Up</b> Via Page	9:30-10:30 <b>Cardio Sculpt</b> Jodee Smith	11:00-12:00 <b>Yin Yoga Tune Up</b> Via Page	9:30-10:30 <b>Power Sculpt</b> Lara Hall	9:15-10:15 <b>Cycle</b> ■ Christine Jennings	9:30-10:45 <b>Vinyasa Yoga Flow II</b> Bonnie Marder
10:45-11:45 <b>Cardio Fit</b> Maria Perri-Costa	12:30-1:30 <b>Aqua</b> Necia Staggs	9:30-10:30 <b>Inner Power Cycle</b> Amy Van Dusen	12:05-1:05 <b>Pilates Mat</b> Lisa Spinney	10:45-11:45 <b>Pilates Mat</b> Brenda Weiner	9:15-10:30 <b>Pilates Fusion</b> Brenda Weiner	10:30-11:30 <b>Bar Fusion</b> Roxanne Captor
11:30-12:30 <b>Yoga I/II</b> Bonnie Marder	<b>3:00-4:00 Pilates Reformer I/II</b> Heidi Revay	10:45-11:45 <b>CardioFit</b> Bonnie Marder	12:30-1:30 <b>Aqua</b> Necia Staggs	10:45-11:45 <b>Cardio Fit</b> ♦ Debbie Teel	9:30-10:30 <b>Aqua</b> Jan Miller	11:00-12:00 <b>Yoga I</b> Alex Wieliczko
12:00-1:00 <b>Aqua</b> Carol Pederson	4:00-5:15 <b>Vinyasa Yoga Flow II</b> Marla Wedge	12:00-1:00 <b>Yoga Basics</b> Michelle Chant	<b>3:00-4:00 Pilates Reformer I/II</b> Heidi Revay Last Day December 30th	12:00-1:00 <b>Yoga I/II</b> Valinda Cochella	10:30-11:30 <b>Advanced Cycle</b> ■ Cher Heffer	11:00-12:00 <b>Basketball Conditioning</b> Derek Pavia Meet at Basketball courts
4:00-5:00 <b>Cardio Core</b> Robert Rose	4:30-5:30 <b>Bar Blast</b> ♦ Bonnie Marder	12:00-1:00 <b>Zumba</b> Petra Polinkova	4:30-5:30 <b>Zumba</b> Joanne Di Padua	4:00-5:00 <b>Cardio Core</b> Robert Rose No class 12/24, 12/31	10:30-11:45 <b>Power Yoga</b> Alex Wieliczko	12:15-1:15 <b>Yoga Basics</b> Josie Kramer
5:00-5:30 <b>30 minutes with a Trainer</b> Spectrum Trainer	5:30-6:00 <b>Express Abs</b> Heather Hill	Wellness Community Welcome	5:30-6:00 <b>Express Abs</b> Maria Perri-Costa	4:30-5:45 <b>Power Yoga</b> Alex Wieliczko No class 12/24	10:35-11:35 <b>Zumba</b> Joanne Di Padua	
5:30-6:30 <b>Iron Works</b> Katie Siegel	5:30-6:45 <b>Vinyasa Yoga Flow I/II</b> Carol Clement	4:00-5:00 <b>Cardio Core</b> Robert Rose	5:30-6:45 <b>Vinyasa Yoga Flow I/II</b> Carol Clement	5:30-6:30 <b>Beg. Master Swim</b> Nikki Hazlewood No class 12/24, 12/31	11:35-12:05 <b>Abdominal Strength &amp; Stretch</b> Cher Heffer	
6:00-7:00 <b>Advanced Cycle</b> ■ Susie Allereño-Reed	6:00-7:00 <b>Power Sculpt</b> Debbie Teel	5:00-5:30 <b>30 minutes with a Trainer</b> Spectrum Trainer	6:00-7:00 <b>Kickbox Extreme</b> Moses James	6:00-7:15 <b>Music Free Yoga II</b> Keith Levin No class 12/24, 12/31	12:00-1:00 <b>Yoga I</b> Carol Clement	
6:00-7:15 <b>Yoga II</b> Keith Levin	6:30-7:30 <b>Advanced Cycle</b> ■ Chris O'Driscoll	5:30-6:30 <b>Iron Works</b> Katie Siegel	6:00-7:00 <b>Advanced Cycle</b> ■ ♦ Chris O'driscall			
6:30-7:30 <b>Intro to Master Swim</b> Necia Staggs	6:30-7:30 <b>Master Swim</b> Rick Crump	5:30-6:30 <b>Yoga Basics</b> Flissa Manuela	6:30-7:30 <b>Master Swim</b> Rick Crump			
7:00-7:30 <b>Abdominal Strength &amp; Stretch</b> Susie Allereño-Reed	7:00-7:15 <b>Serenity Stretch</b> Debbie Teel	5:30-6:30 <b>Strand Striders</b> ♦ Michelle Levy Meet in the Lobby	7:00-8:00 <b>Ashtanga Flow II</b> April Bernardi			
	7:00-8:00 <b>Kundalini Yoga</b> April Bernardi	6:00-7:00 <b>Cycle</b> Dawn Gordon				
		6:30-7:30 <b>Zumba</b> Mayela Leyva				
		7:00-8:15 <b>Yoga II</b> Alex Wieliczko				

**PILATES REFORMER**  
Pilates Reformer classes are fee based and held in the Pilates Studio.  
Contact Rebecca Evans at 310.376.9443 x222 for more info.

Studio 1  
**Yoga Studio 2**

◆ **New Class/Instructor/Time**  
■ These cycle classes require a reservation to be made at the front desk 30 minutes prior to class

Please note the scheduled instructor 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.

Ask about our Online Fitness Tracking Program. Only \$25! No monthly fees.

## Cardio & Strength

**30 MINUTES WITH A TRAINER** – You will have 30 minutes with a Spectrum Trainer to discuss various aspects of fitness and how to improve your overall health. This class is designed for anyone who seeks expert advice on fitness related topics. Join us to learn the latest exercise techniques, goal setting plans and ideas to boost your fitness routine.

**ABDOMINALS STRENGTH & STRETCH** – This abdominal class focuses on strengthening and stretching the mid section. Broken down into two 15 minute segments, we will strengthen our core muscles and then stretch everything out learning how to properly stretch on a foam roller.

**BASKETBALL CONDITIONING** – Build strength, speed, agility and cardiovascular endurance with this one hour basketball based class. It will encompass stretching, strength exercises and drills in addition to basketball related games. Come out no matter your skill level and have fun.

**BOOT CAMP** – Minimal choreography, maximum intensity! This no nonsense workout will improve your overall fitness level with sports drills, calisthenics, upper and lower body exercises and other high intensity activities. Intermediate to advanced levels.

**CARDIOFIT** – A high energy, low impact workout perfect for beginners, pregnant women, mature adults or anyone looking for a slower pace.

**CARDIO CORE** – You will do intervals of cardio along with dynamic core moves. Core boards medicine balls, fitballs, tubing & weights will be used. Great for all levels.

**CARDIO SCULPT** – All the benefits of Power Sculpt with the addition of Cardio. A great way to burn fat and tone muscles. All level.

**STEP MIX** – Join Debbie Teel for her specialty 45 minute Step Mix classes. Get your heart pumping with step moves and cardio training. All levels are welcome.

**EXPRESS ABS** – Get the results you want with this intense 30-minute abdominal workout.

**IRON WORKS** – A creative, high energy, non-stop cardio and strength workout set to music using medicine balls, dumbbells & bars. The class is a total body workout for all levels, and the music makes it fun as the time flies by!

**KICK BOX EXTREME** – A unique brand of exercise which combines the key elements of traditional boxing, kickboxing, aerobics and weight training. The creator of EXTREME FITNESS, Olympian and former world boxing champion Moses "Eagle" James, is an expert at helping his clients achieve their individual fitness goals. Whether you are looking to lose, build, tone or maintain, this class can help you achieve it in the minimum amount of time.

**MELT AND CHISEL** – Melt the fat, chisel your muscles in this high intensity circuit class that will inspire you and challenge you to work out harder than you ever thought you could! All levels.

**POWER SCULPT** – This one hour class builds muscle strength and muscle definition. Through the use of hand held weights, bands, balls and body bars the participant will experience a full body work-out. This class is easy to follow and is welcome to members of all fitness levels.

**STRAND STRIDERS** – Run down the Strand and back to Spectrum. Reach your goals, and get out in the fresh air and improve your running skills. All levels. For more information contact michelejevvy@gmail.com or 301-704-8618

## Dance

**ZUMBA** – Zumba combines high energy, motivating music with unique moves and combinations using a fusion of Latin and International music! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning with easy to follow dance steps.

## Mind/Body Classes

**BAR BLAST** – This class borrows from the bar method style workout, blending elements of ballet, pilates and body sculpting to improve posture and flexibility and create a lean, firm and sculpted body. All levels.

**BAR FUSION** – is a dance class that builds strength, alignment and elongation through breathe, ballet and jazz movement. Roxanne comes to us from the Juilliard School of Dance in New York and she also teaches Movement for Actors right here in Southern California. Don't miss this opportunity to train with this amazing dance instructor.

**PILATES FUSION** – Learn to engage and strengthen your core while sculpting your body & improving balance and flexibility in one class. You will sweat in this fun, lively mix of pilates and yoga.

**PILATES MAT** – A total body workout that emphasizes body alignment to build muscular strength, endurance, flexibility and balance. This class focuses on abdominals, hips and lower back to create a power center, enabling the rest of the body to move freely.

**PILATES ON THE BALL** – Take your Pilates practice to a new level. Incorporate the stability ball with traditional Pilates moves for a challenging core workout. Previous Pilates experience recommended.

**SERENITY STRETCH** – Relax and increase your flexibility in this static stretch class to help reduce injury, improve performance and relieve stress. All fitness levels.

## Yoga

All yoga at Spectrum is hatha yoga which means it is "physical". Yoga is an ancient form of movement promoting balance, flexibility, strength and relaxation through various postures (asanas) and breathing (pranayama) techniques in order to unite the mind, body and spirit. Spectrum offers a wide variety of styles and levels of yoga.

**ASHTANGA FLOW** – this class is inspired by Ashtanga Yoga sequences in a Vinyasa flow format.

**KUNDALINI YOGA** – Kundalini Yoga is a series of yoga poses that are practiced in a specific order to generate a targeted purpose. This form of yoga sometimes includes meditation and chanting. All levels are welcome.

**MUSIC FREE YOGA** – This yoga class offers all of the same great qualities as a regular yoga class but takes you to a deeper appreciation of the peaceful strength yoga can generate around you and through you. Enjoy the silence of your own breathe!

**POWER YOGA** – A more athletic style of vinyasa yoga that brings dynamic "asana" postures of balance and vinyasa flow to deliver internal heat strength and stretch. For individuals who are physically active and open minded.

**VINYASA FLOW YOGA I, II, III** – A dynamic style of yoga, which links movement with breath. The postures are sequenced through a heat building process and most classes flow to music. Level I is designed for individuals who are just discovering their yoga practice or for those who want a slower paced class. Level II is for the intermediate yoga practitioner, and level III is for the advanced Yogi who wants to deepen their practice with every pose.

**YIN YOGA TUNE UP®** – sensitively works on muscles, tendons, connective tissues, and joints, stretching and moving the body with anatomical precision, awareness, and breath. It tunes up overused and underused body blind spots while improving posture and functional fitness. This therapeutic class enhances your ability to relax and nurture your body. All fitness levels.

**YOGA BASICS** – This class is perfect for students new to Yoga, recuperating from injuries and pre/postnatal women. This traditional Hatha (Hatha meaning physical) Yoga class promotes balance, flexibility, strength and relaxation through various asanas (postures) and breathing techniques, focusing on proper execution of basic Yoga postures. Yoga Basics enables you to establish a solid foundation before moving to Yoga I.

## Cycle

A Group Fitness class on a stationary bike. Perfect for all levels of fitness enthusiasts. Our cycling bikes are compatible with "LOOK" and "SPD" cycling shoes. Gym shoes can also be worn. Classes with a ■ require a reservation 30 minutes prior to class.

**ADVANCED CYCLE** – From start to finish your heart will be pumping and your legs will be challenged. Some cycle experience is necessary to take this advanced cycle class.

**HIGH INTENSITY CYCLE** – Enjoy 60 minutes of high energy cycling, which synchronizes cadence with the beat of the music. This class offers a challenging cardio workout focusing on power and endurance, with particular emphasis on form, function and fun. Every aspect of this class is based on sound cycling principles.

**INNER POWER CYCLE** – Come let Amy's energy take you on a cycling journey of self awareness. You'll learn about proper cycling techniques, periodization of training, and heart rate training, all while tapping into your inner power to be the best you can be!!!

**NON-STOP POWER CYCLE** – Come join Ruben for a class that will help you tap, maintain and build your unstoppable personal power through the use of key cycle elements including strength, stamina and speed. This class combines the best of real world cycling experience with the ideal elements of indoor cycling allowing a rider to capitalize on tempo, rhythm, control and flow. You will leave class a more powerful person. Guaranteed.

**ROCK, ROLL AND RIDE** – You'll be happy you climbed out of bed early for this challenging class with a varied repertoire of drills, intervals, jumps, sprints, team races and optional use of platforms for greater climbing intensity. Fun, recognizable music you can sing along to and increase both your workout and your pleasure quotient! Please bring your heart rate monitor and plenty of water.

**SUNRISE CYCLE** – Wake up and start your day with this medium to high intensity indoor ride. We will cycle across a diverse terrain of jumps, climbs, and sprints designed to get your heart rate up and your metabolism moving to take you through the rest of the day.

**Water Classes** Please use our outdoor showers to rinse off before entering the pool

**AQUA** – Consists of cardiovascular conditioning along with muscle toning exercises done in chest high water.

**BEG. MASTER SWIM** – For the beginning to intermediate swimmer. This organized, coached swim workout concentrates on learning and using proper stroke form and technique to improve your overall swim skills.

**MASTER SWIM** – For the intermediate to advanced swimmer. This organized, coached swim workout emphasizes interval training and stroke technique.

**INTRO TO MASTER SWIM** – This class is designed for beginning to intermediate swimmers. A series of structured drills focusing on proper breathing, form and technique used. Everything from floating to flip turns may be covered. This is not a distance workout.

# 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. Please remove shoes when entering Studio for Yoga classes.
11. Gym bags are not permitted in the studio.
12. Water must be in an enclosed, unbreakable container. Food is not permitted.
13. The use of cell phones for talking and texting are not permitted in class. Please turn off all phones or keep on silent mode.
14. We recommend the use of a towel.
15. Members may not use stereo equipment.
16. Please remember personal hygiene and refrain from wearing strong perfume/cologne.
17. We request all equipment be returned to the proper storage area.
18. 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. - 8:00 P.M.

## Kids Club Hours

Monday - Thursday: 8:00am-1:00/3:00-8:00pm

Friday: 8:00am-1:00/3:00-7:00pm

Saturday & Sunday: 8:00am-1:00pm

Above by reservation only: (310) 379-8202

Family swim will now be available  
Sundays from 3-6pm (310) 379-8202



**SPECTRUM**  
**ATHLETIC CLUBS**

Redondo Beach  
819 North Harbor Drive  
(310) 376-9443