

# Group Fitness Schedule

ROLLING HILLS

Effective November 19th, 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
8:00-8:55 <b>Cycle</b> Lorry Ray	6:00-7:00 <b>Cycle</b> Kathy Santarosa	8:00-8:55 <b>Cycle</b> Pamela Petix	6:00-7:00 <b>Cycle</b> Bill Bartz	8:00-8:55 <b>Cycle</b> Marcella Piersol	8:30-9:30 <b>Cycle</b> Laurie Chin	9:00-10:00 <b>Power Pump</b> Jodee Smith
8:30-9:00 <b>Pump Express</b> Kristine Gil-Gomez	8:30-9:30 <b>Yoga I</b> Carol Argo	8:45-9:45 <b>Body Blast</b> Chantal Allyn	8:30-9:00 <b>Pump Express</b> Kristine Gil-Gomez	8:30-9:30 <b>Pilates Mat</b> Linda Cusanelli	9:00-10:00 <b>NIA</b> Sun Yu	9:00-10:15 <b>Endurance Cycle</b> Pamela Petix
9:00-10:00 <b>Cycle</b> Kristine Gil-Gomez	8:30-9:00 <b>Power Pump</b> Debbie Teel	9:00-10:15 <b>Yoga Basics</b> Michelle Chant	9:00-10:00 <b>Pilates Mat</b> Karen Guitierrez	8:30-9:30 <b>Step</b> Karen Lewis	9:30-10:30 <b>Tabata Boot Camp Cardio</b> ♦ Kristine Gil-Gomez	9:30-10:45 <b>Vinyasa Yoga Flow II</b> Carol Clement
9:00-10:00 <b>Cardio Kick Box</b> Jana Nizetich	9:00-9:30 <b>Mixed Cardio</b> Debbie Teel	9:00-10:00 <b>Cycle</b> Lorry Ray	9:00-10:00 <b>Cardio Kick Box</b> Jodee Smith	9:00-10:00 <b>Cycle</b> Frances Mullan	9:35-10:35 <b>Cycle</b> Pamela Petix	10:00-11:00 <b>Dance Rhythm Fusion</b> VeRitta Smith
9:05-10:05 <b>Pilates Mat</b> Lorry Ray	9:30-10:30 <b>Pilates Mat</b> Carol Argo	10:00-11:00 <b>NIA</b> Carol Argo	9:00-10:00 <b>Cycle</b> ♦ Pamela Light	9:30-10:30 <b>Tabata Boot Camp Strength</b> ♦ Kristine Gil-Gomez	10:00-11:00 <b>Zumba</b> ♦ Mayela Leyva	11:00-11:30 <b>Beginning La Tin-Va Dance</b> Johnny
10:00-11:00 <b>NIA</b> Carol Argo	9:30-10:30 <b>Cycle</b> Bonnie McDonald	11:00-12:00 <b>Low &amp; Sculpt</b> Beverly Beatty	10:00-11:00 <b>Bar Blast</b> ♦ Susie Bartes	10:00-11:00 <b>NIA</b> Randy Miller	10:30-11:30 <b>Power Pump</b> Pamela Light	11:00-12:15 <b>Vinyasa Yoga Flow I/II</b> Petra Polinkova
11:00-12:00 <b>Low &amp; Sculpt</b> Beverly Beatty	9:30-10:30 <b>Tabata Boot Camp Cardio</b> ♦ Kristine Gil-Gomez	11:00-12:00 <b>Tai Chi</b> John Peckish	10:30-12:00 <b>Yoga II</b> Jessica Chen	11:00-12:00 <b>Yoga Dance Rhythm</b> Carol Argo	11:30-12:30 <b>Move to the Groove</b> DHQ	11:30-12:30 <b>La Tin-Va Dance</b> Johnny
11:00-12:00 <b>Yoga I</b> Carol Argo	10:30-11:00 <b>Hard Core Abs</b> ♦ Pamela Light	12:00-1:00 <b>Now You Can Dance</b> Susie Bartes	11:00-11:30 <b>Pump Express</b> Johnny	11:00-12:00 <b>Low &amp; Sculpt</b> Beverly Beatty	4:30-5:30 <b>Yoga I</b> Chantal Jouannet	4:00-5:15 <b>Power Yoga</b> Sun Yu
12:00-1:00 <b>Zumba</b> Susie Bartes	10:30-12:00 <b>Yoga II</b> Jessica Chen	1:00-2:00 <b>Silver Sneakers II Cardio Circuit</b> Josie Sterling	11:30-12:30 <b>La Tin-Va Dance</b> Johnny	12:00-12:30 <b>Stretch</b> Beverly Beatty		
12:00-1:00 <b>SilverSneakers II</b> Beverly Beatty	11:00-11:30 <b>Pump Express</b> Johnny	4:30-5:30 <b>Step and Sculpt</b> ♦ Marie Kahil	4:30-5:00 <b>Hard Core Abs</b> Cynthia Bowser	12:00-1:15 <b>Yoga Basics</b> Sun Yu		
1:00-2:00 <b>SilverSneakers I</b> Dara Amos	11:30-12:30 <b>La Tin-Va Dance</b> Johnny	5:30-6:30 <b>Cycle</b> Cynthia Bowser	5:00-6:00 <b>Cardio Sculpt</b> Cynthia Bowser	1:00-2:00 <b>SilverSneakers I</b> Beverly Beatty		
4:30-5:45 <b>Cardio Bar Blast</b> ♦ Susie Bartes	4:30-5:00 <b>Pilates Abs</b> Cynthia Bowser	5:45-6:45 <b>Move To The Groove</b> DHQ	5:45-6:45 <b>Yoga I/II</b> Alex Wieliczko	5:00-6:15 <b>Yoga Stretch &amp; Relaxation</b> Carol Clement No Class 12/24, 12/ 31		
5:00-6:00 <b>Pilates Mat</b> Christi Teachenor	5:00-6:00 <b>Step and Sculpt</b> Cynthia Bowser	6:45-7:30 <b>Cycle</b> Debbie Delarosa	6:00-7:00 <b>Cycle</b> Samantha Pioch			
6:00-6:30 <b>Cardio Core</b> Monica Nunez	6:00-6:55 <b>Cycle</b> Tamara Lentz	7:35-8:05 <b>Abs and Stretch</b> Debbie Delarosa	6:00-7:00 <b>NIA</b> ♦ Sun Yu			
6:00-7:00 <b>Cycle</b> ♦ Carol Clement	6:00-7:00 <b>Yoga Basics</b> Janusz Haka		7:00-8:00 <b>Tai Chi</b> Sandra Geisenger			
6:30-7:00 <b>Power Pump Express</b> Monica Nunez	6:00-7:00 <b>Zumba</b> ♦ Joanne DiPadua					
6:30-7:30 <b>Yoga I/II</b> ♦ Alex Wieliczko	7:00-7:30 <b>Core Conditioning</b> Tamara Lentz					
	7:05-8:20 <b>Vinyasa Flow Yoga I/II</b> Carol Clement					

Group Fitness Director  
**Toni Brown**

**Studio #1**

**Studio #2**

All Cycle classes  
held in Cycle Studio

♦ New Class, Time  
or Instructor

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, asafe, 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 are required in order for a class to remain on the schedule.

### Cardio and Strength

**ABS AND STRETCH** – This class focuses on firming, defining and toning the abdominal area and also includes a full body stretch.

**ABS ONLY** – This class focuses on exercises that define the abdominal area and strengthen the back to aid in maintaining proper posture. All fitness levels.

**BODY BLAST** – Work every muscle, every way! Sweat it out in this intense total body workout that is designed to improve cardio vascular conditioning and muscular strength and endurance while you tone and sculpt your body. All levels.

**CARDIO CORE** – Anything and everything goes in this high energy challenging workout! Train your core while you also get a great cardiovascular workout using the Core board, weights and exercise tubes. Keep the energy up with explosive cardio moves. Every week will be different!

**CORE CONDITIONING** – This class focuses on strengthening the core muscles of the body. Exercises are designed to improve balance, stability, coordination and strength. All fitness levels.

**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** – All the benefits of Power Pump with the addition of Cardio. A great way to burn fat and tone muscles. For intermediate to advanced level students.

**CYCLE** – An exercise 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.

**ENDURANCE CYCLE** – An extended ride and more advanced workout.

**HARD CORE ABS** – Focus on firming, toning and defining the abdominal area as well as building core strength and stability in this half hour of power. All levels.

**LOW & SCULPT** – A vigorous low impact workout followed by a total body sculpting segment. All fitness levels welcome.

**POWER PUMP** – Take this class to improve muscular endurance, tone and definition. Bands, weights and steps are used to increase the effectiveness and intensity of the workout. All fitness levels.

**PUMP EXPRESS** – All the benefits of Power Pump – muscular strength, endurance, tone and definition – in half the time. All fitness levels.

**SILVERNEAKERS I** – Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living (ADLs). Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support.

**SILVERNEAKERS II CARDIO CIRCUIT** – Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand weights, elastic tubing and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation.

**STEP** – An intermediate-advanced level class which includes a warm-up, a choreographed step portion and a cool-down.

**STEP AND SCULPT** – This challenging class includes a step workout and a strength component utilizing weights, tubing, Bosu or Stability Balls. You will improve your cardio vascular endurance and muscular strength with this invigorating workout. Intermediate/advanced.

**TABATA BOOT CAMP** – Minimal choreography, maximum intensity! This no-nonsense workout using principles of Tabata training will improve your overall fitness level with sports drills, calisthenics, upper and lower body exercises. Tabata training uses high intensity intervals followed by short recovery periods to increase aerobic and anaerobic fitness. Intermediate to advanced levels.

### Dance

**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.

**CARDIO BAR BLAST** – All the benefits of Bar Blast with the addition of a Cardio portion for an overall workout. All levels.

**DANCE RHYTHM FUSION** – Stay fit and move to a variety of music such as hip-hop, belly dance and R & B sounds. Enjoy the experience of just moving your body in a free and joyful way while exploring the elements of jazz, hip hop and belly dance moves. This class will improve your flexibility, coordination, strength and muscle tone through fun, high-energy dance moves, from music videos and the hottest dance shows. All levels are welcome and no dance experience required.

**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.

**MOVE TO THE GROOVE** – Join DHQ for this fun and funky cardio workout with his unique style of hip hop dance. Beginning to intermediate levels welcome.

**NIA (Neuromuscular Integrative Action)** – This class is an expressive fitness and awareness movement program offering a holistic approach to health. NIA is a blend of Tai Chi, Yoga, Martial Arts, ethnic and modern dance put to original music, uniting grace and power for this cardio workout. All levels welcome.

**NOW YOU CAN DANCE** – All you fans of the TV show will love this class! Susie will teach you a routine in a different dance style each month (such as Salsa, Flamenco, Afro-Cuban, Broadway, Jazz, Swing, e.t.c.) The choreography will be fun, challenging and a great work out all at the same time. Susie guarantees that after taking this class "You'll know you can Dance!"

**YOGA DANCE RHYTHM** – Experience the integration of traditional yoga postures and fluid movement. This class includes stretches and movement both on and off the mat. You will enjoy the combination of flexibility and motion of your entire body.

**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. Zumba is a "feel-happy" workout that is great for both the body and the mind.

### Mind/Body

**PILATES ABS** – This class uses the principles of Pilates to strengthen and define the abdominal area. All levels.

**PILATES MAT** – This class offers a balancing system that strengthens, lengthens, realigns and defines your body. Pilates focuses on the "power center" of the body; abdominals, back, thighs and hips; enabling the rest of the body to move freely. All levels.

**TAI CHI** – Based on slow, even movements of the ancient Chinese martial art. The no-impact nature of the workout makes it the perfect complement to any exercise regimen. Through a challenging, but non-strenuous workout, Tai Chi improves balance, strength, lower body muscle tone, flexibility, and internal energy (Chi) flow, bringing mind and body together as one.

### 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.

**YOGA BASICS** – This class will teach you the basic postures, proper breathing techniques along with form and alignment.

**POWER YOGA** – This class provides the mind-body benefits of yoga in a vigorous and challenging format. Focus inward, breath and create greater flexibility and strength as you move through yoga postures.

**VINYASA YOGA FLOW** – Continuous movement linked with breath, generating heat and stamina is emphasized in Vinyasa Flow. Postures are held longer and increased strength and flexibility is developed.

**YOGA STRETCH AND RELAXATION** – Restore the body and renew the mind with this gentle yoga class that focuses on flexibility. All levels.

## 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.-10:00 P.M.**

**Friday: 5:00 A.M.-9:00 P.M.**

**Saturday & Sunday: 7:00 A.M.-7:00 P.M.**

## Child Care Hours

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

**Monday-Thursday: 4:00 P.M.- 8:00 P.M.**

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



**SPECTRUM  
ATHLETIC CLUBS**

**Rolling Hills**  
51-D Peninsula Center  
Rolling Hills Estates, CA 90274  
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