

# Group Fitness Schedule

SOUTH BAY

Effective November 15th, 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
5:30-6:30 Cycle Challenge Terri Cisneros	6:00-7:00 Cardio Core Dena O'Loughlin	5:30-6:30 Cycle Challenge Christina Peck	6:00-7:00 Cardio Core Terri Cisneros	5:30-6:30 Cycle Challenge Lisa Gladstone No Class 11/26	7:30-8:30 Cycle ■ Becky Neuman	7:45-8:45 Cycle Challenge ■* Attila Fruttus
6:00-7:15 Vinyasa Yoga Flow II ● Josie Kramer	<b>6:00-7:00 Cardio Dance/Hi Leah Delancey</b>	6:00-7:15 Yoga II ● Jules Mitchell	6:45-7:45 Cycle Jane Sager	<b>6:00-7:00 Cardio Dance/Hi Leah Delancy No Class 11/26</b>	<b>8:00-9:00 Cardio Dance/Hi Leah Delancy</b>	8:00-9:00 Step Challenge ♦ David Shannon
7:45-8:45 Yin Yoga Stretch ●♦ Petra Polinkova	6:45-7:45 Cycle Lisa Gladstone	6:35-7:35 Cycle Attila Frutus	7:45-8:55 Gyrokinesis ● Michelle Chang	6:00-7:15 Vinyasa Yoga Flow II ● Danielle Dumani No Class 11/26	8:00-9:00 Pilates Basics ● Francine Newton	9:00-10:00 Cycle Jackie Mendez
8:30-9:30 Kick Box Extreme Moses James	8:30-9:30 Cardio Core Sondi Kroeger	8:00-9:00 Cardio Pump Becky Neuman	<b>9:00-10:00 Kick Box Extreme Moses James</b>	8:30-9:25 Cycle Scott Nelsen	8:30-9:00 Hard Core Abs Denise Klatte	9:05-10:05 Cardio Core ♦ Debbie Delarosa
9:00-10:00 Aqua Jackie Zupsich	9:00-10:00 Aqua Donna Rojas	8:00-9:00 Yin Yoga Tune Up® ● Via Page	9:00-10:00 Cycle Challenge DeAnna Adams	8:30-9:30 Cardio Pump Becky Neuman	9:00-10:00 Cycle Challenge ■♦ Stacy Durand	9:30-10:45 Vinyasa Yoga Flow II ● Donna Rojas
9:00-10:15 Vinyasa Yoga Flow I/II ● Carol Clement	<b>9:00-10:00 Move To The Groove DHQ</b>	8:30-9:25 Cycle Sue Rigler	9:00-10:00 Aqua Susan Boettner	<b>9:00-10:00 Cardio Belly Dance Marina Darowish</b>	9:00-10:00 Aqua Dianne Barrow	<b>10:00-11:00 Kick Box Extreme Moses James</b>
9:15-10:15 Cycle Challenge Christine Roth	9:00-10:00 Cycle Challenge Christine Roth	<b>9:00-10:00 Shape Up Victoria Samia</b>	9:00-10:00 Cardio Core Sondi Kroeger	9:00-10:00 Aqua Dara Amos	<b>9:00-10:00 Cardio Dance/Lo Donna Vale</b>	10:05-11:05 Cycle Challenge Marisa Stahl
9:30-10:30 Power Pump Lara Hall	9:00-10:15 Yoga I/II ● Josie Kramer	9:00-10:00 Cardio Core Danielle Spangler	9:05-10:20 Yoga I/II ● Jennifer Bevilacqua	9:30-10:30 Pilates On The Ball Leila Shukur	9:00-10:00 Cardio Pump Denise Klatte	<b>11:00-12:00 Zumba Joanne Di Padua</b>
<b>10:00-11:00 La Tin-Va Dance Johnny V.</b>	10:00-11:00 Pilates on the Ball Kelly West	9:30-9:50 Meditation ● Janise	<b>10:15-11:15 Booiaka Dance Tatiana</b>	9:30-9:50 Meditation ● Janise	9:15-10:15 Pilates Fusion ● Michele Chang	11:15-12:30 Yoga I/II ● DeDe Daniels
10:30-11:30 Bar Fusion Roxanne Captor	10:20-11:35 Yoga Stretch ● Danielle Dumani	9:35-10:35 Cycle Challenge ■ Vanessa Mariscal	10:30-11:30 Pilates Mat ● Debbie Young	9:35-10:35 Cycle Challenge ■ Vanessa Mariscal	10:00-11:00 Step Challenge Denise Klatte	12:45-1:45 Yoga Stretch ● Renee Starr
<b>11:00-11:30 Power Pump Express Johnny</b>	<b>11:00-12:00 Mommy (To Be) &amp; Me Victoria Samia</b> No class 11/23, 12/21, 12/28	9:50-11:00 Yoga I ● Janise	11:00-12:00 Mommy (To Be) & Me Victoria Samia No class 11/25, 12/23, 12/30	9:50-11:00 Yoga I ● Janise	<b>10:00-11:00 Hip Hop Arthur Crenshaw</b>	
12:00-1:00 Cycle Bonnie Spivey	12:05-1:00 Vinyasa Yoga Flow II ● Bonnie Johanson	<b>10:00-10:30 Beginning La Tin-Va Dance Johnny V.</b>	12:05-1:00 Vinyasa Yoga Flow I/II ● Bonnie Johanson	<b>10:30-11:30 Physical Funk Milo</b>	10:05-10:50 Cycle Jeff Bianco	
12:05-1:00 Vinyassa Flow II ● Carol Clement	4:15-5:15 Cycle Challenge ♦ Debbie Delarosa	10:15-11:15 Kangoo Kickbox Moses James	4:15-5:15 Cycle Challenge Chris Kastigar	12:00-1:00 Cycle Terri Cisneros	10:30-12:00 Yoga I/II ● DeDe Daniels	
12:30-1:30 Hermosa Studio is not available 7/1-12/15	5:15-5:30 Abs Only ♦ Debbie Delarosa	11:15-12:15 Pilates Mat ● Karen R.	5:15-5:30 Abs Only Joann Nee	4:15-5:15 Cycle Jackie Mendes No class 12/24, 12/31	11:00-11:45 Cycle Intro Jeff Bianco 12/4	
4:15-5:15 Cycle Steve Krum	5:30-6:30 Pilates Body Sculpt ● Karen Gutierrez	12:00-1:00 Cycle Cher Heffer	5:30-6:30 Yoga Basics ●♦ TJ Panzer	4:30-5:45 Vinyasa Yoga Flow I/II ● Bonnie Johanson class 12/24, 12/31	12:15-1:30 Yoga Basics ● DeDe Daniels The first Saturday of every month will be Yoga Clinic	
<b>5:15-5:30 Glutes &amp; Abs Steve Krum</b>	5:30-6:30 Kangoo Jump Patti McCullum	12:30-1:30 Hermosa Studio is not available 7/1-12/15	5:30-6:30 Power Pump Joann Nee	<b>6:15-6:30 Abs Only Jesse DiCamillo</b> No class 12/24, 12/31	12:15-1:30 Yoga Clinic ● DeDe Daniels Held the first Saturday of the month except 1/1 12/4, 2/5, 3/5	
5:30-6:25 Cycle Scott Nelsen	No class 11/23, 12/21, 12/28	5:30-6:25 Cycle Challenge Patti McCullum	<b>6:00-7:00 La Tin-Va Dance Johnny V.</b>	<b>6:30-7:30 Cardio Kick Box Jesse DiCamillo</b> No class 12/24, 12/31		
5:30-6:30 Lengthen & Strengthen Denise Klatte	6:00-7:00 Cycle Challenge Lisa Austin	5:30-6:30 Cardio Pump Denise Klatte	6:00-7:00 Cycle ♦ Cesar Torres			
<b>5:35-6:35 Cardio Kick Box Michelle Crumm</b>	<b>6:00-7:00 Zumba ♦ Rob Vinson</b>	5:30-6:45 Core Yoga Flow I/II ● Bonnie Johanson	6:35-7:50 Yoga I/II ● Bonnie Marder			
6:30-7:00 Hard Core ABS Denise Klatte	6:30-7:30 Power Pump ♦ Marjolein Mayer	<b>5:45-6:45 Cardio Kickbox Ken Park</b>				
6:35-7:35 Cycle FX ■ P.K.	6:30-7:45 Vinyasa Yoga Flow II ● Jackie Mendes	6:30-7:00 Hard Core Abs Denise Klatte				
<b>6:45-7:45 Flirty Dance Fitness Nicole Steen</b>	<b>7:00-8:00 Cardio Kick Box Joann Nee</b>	6:35-7:35 Cycle Challenge Susie Arelleno-Reed				
7:00-8:00 Boot Camp Brian Shermer		7:00-7:45 Step Challenge Advanced				
7:30-8:45 Yoga I/II ● Laurel Kahaner		7:00-8:00 Vinyasa Yoga Flow I/II ●♦ Jackie Mendes				
		<b>7:00-8:00 Boot Camp Katie Siegel</b>				

**Masters Swim**

Monday & Wednesday 6:00-7:00 AM  
Tuesday & Thursday 7:30-8:30 PM  
Saturday 10:00-11:00 AM Technique Class  
Held the First Saturday of the Month

Cost is \$10 per month for unlimited workouts.  
Sign up at the Welcome Desk.

For more information contact Scott Nelsen  
at [snelsen@spectrumclubs.com](mailto:snelsen@spectrumclubs.com) or  
310-643-6878

Group Fitness Director  
**Toni Brown**  
Hermosa Studio  
**Manhattan Studio**  
● Yoga Studio  
Cycle Studio

♦ New Class, Time,  
Teacher or Location

■ Sign up required

■ Sign up starts  
30 minutes prior to class

■ \* Sign up starts  
45 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 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 ONLY** – This class focuses on exercises that define the abdominal area and strengthen the back to aid in maintaining proper posture. All fitness levels.

**AQUA** – Get cool in the pool while you improve your cardiovascular conditioning and muscle tone in this gentle yet effective water workout. Ideal for all fitness levels, those with back, knee and other musculo-skeletal problems and pre and post natal moms. No swimming skills required.

**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.

**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. Intermediate to advanced levels.

**CARDIO PUMP** – 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.

**CARDIO CORE** – Anything goes in this one-hour, challenging workout! Train your core using the stability ball, BOSU, core board with weights, body bars and exercise tubes. Keep the energy up with explosive cardio moves. Every week will be different. Perfect for intermediate to advanced 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.

**CYCLE CHALLENGE** – A more intense indoor cycling class with an extended cardio workout. Recommended for intermediate to advanced students.

**CYCLE FX** – Let PK take you on anything but traditional ride that is "light" years ahead! Intermediate to advanced.

**CYCLE INTRO** – This introductory class is recommended prior to taking a cycle class. Participants will learn basic indoor cycling fundamentals, correct set up procedures and take a beginning level ride focusing on form and technique.

**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.

**KANGOO JUMP** – Kangoo Jump, using the revolutionary Kangoo Shoes, is an explosive, highly motivating, non-choreographed, interval training class. It is specifically designed to challenge the whole body, building muscular strength and endurance. Each Jump move is designed to focus on core stability, ensuring a balanced workout while preventing damaging impacts to the joints. It will challenge even the fittest, but is also appropriate for the beginner. The basic moves are easy and progress to more complexity and intensity. Kangoo shoes are available at the club.

**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.

**MOMMY (TO BE) AND ME** – Your bundle of joy has arrived, your 6-week check up has passed and you're ready to get back in shape... Burn fat, firm your bottom half, tighten your abs and get back into your prenatal wardrobe while you bond with your baby! Babies up to 6 months and Prenatal Mom welcome. We recommend you bring a baby bjorn style baby carrier.

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

**SHAPE UP** – A class geared for those who like a lower intensity, less choreographed aerobics section combined with body sculpting exercises and stretching for a complete total body workout.

**STEP CHALLENGE** – An advanced class of pure step which includes a warm-up, an extended step workout and a cool-down.

## Dance

**BAR FUSION** – A blend of bar, ballet and jazz movement to build strength, alignment and elongation. Through pilates breathe and core work with dance this is a complete and fun work out. 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. All levels. Mats are needed. You may bring your own or you can use mats provided by the Club.

**BOOIAKA DANCE** – A unique and intense cardio workout that will make you feel like a night out with friends at your favorite dance club. Booika is a combination of Latin, Brazilian, Jamaican, Hip-Hop, Old School and Reggae dance styles. Feel the beat, release your spirit, and have fun! It's the way you move! All levels.

**CARDIO BELLY DANCE** – Have fun while you tone and define your muscles with graceful, sensual, and rhythmic movements. The ancient art of Belly Dancing will improve your flexibility and stamina, strengthen your back and give you sleek and tight stomach muscles while giving you a great cardiovascular workout! Learn the basics of Belly Dancing in this low-impact cardio class, suitable for all ages, levels and body types. Wear comfortable clothes, and leave your inhibitions at home!

**CARDIO DANCE** – (Hi Impact or Lo Impact) From sashays to mambos to tangos and much more this fast paced high intensity workout will make you sweat. Combining interval training to really push your cardiovascular system and creative dance moves to push your mind, by the end of class you will learn a great routine. It might take you a few times to get all the moves but if you keep coming you will definitely learn to dance.

**FLIRTY DANCE FITNESS** – Dance to the latest music while transporting yourself to a place of wild abandon. This dynamic workout is full of sweat and sensuality and is sure to empower your body and mind! All levels.

**HIP HOP** – You won't want to miss this fresh and funky class featuring the latest Hip Hop sounds and street moves straight from your favorite dance video. Dance experience highly recommended.

**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.

**PHYSICAL FUNK** – This is the "NEW" Old School workout designed for adults who love Funk music and the 80's. It is a basic Dance Fitness class designed anyone who just wants to have fun, learn to dance, and get an awesome work out! Choreography level is basic, workout level is low impact but intense! You get out of it what you put into it! The music is positive and upbeat!

**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

**GYROKINESIS** – A new twist to your exercise routine. Gyrokinesis exercises the entire spine using rotational movements. The movements are harmoniously paired with breathing patterns into a flowing workout that resembles a choreographed dance. Gyrokinesis trains your mind and body to move gracefully while producing a long, lean, powerful and more flexible body. All levels.

**LENGTHEN & STRENGTHEN** – Join Denise for this unique workout combining Pilates, Yoga/Stretch and body sculpting exercises. From the novice Pilates/Yoga student to the highly experienced, this class is great!

**MEDITATION** – This class will teach you methods to quiet the mind for inner peace, manage stress and experience deep relaxation. Start off with peaceful meditation, guided imagery and follow with complete silence. Please do not enter while class is in progress.

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

**PILATES BODY SCULPT** – Takes traditional Pilates to the next level with the use of Pilates balls, Rings and Bands.

**PILATES BASICS** – This class will introduce you to the "power center" of the body and the beginning exercises of traditional Pilates. Focus on form and technique to build muscle balance, strength, endurance and flexibility. All levels welcome.

**PILATES FUSION** – Based on Pilates concepts and principles, Pilates Fusion incorporates yoga, dance, gyrokinesis and pilates flow movements creating a class that will enhance your flexibility, balance and strength. Various props such as the pilates ring, ball, glides, and bands will be used to challenge different muscles to tone the entire body. Intermediate to advanced level. Prior pilates experience recommended.

**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 highly recommended.

## 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 STRETCH** – Restore the body and renew the mind with this gentle yoga class that focuses on flexibility. It is ideal for beginners and those recovering from injuries.

**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, focusing on proper execution of basic Yoga postures. Yoga Basics enables you to establish a solid foundation before moving to Yoga I.

**YOGA I** – Provides a safe environment for beginning students to learn correct form and begin a healthy Yoga practice. Basic postures such as sun salutations, standing poses, back and forward bends, and twists are practiced with an emphasis on correct form and technique.

**YOGA II** – Increases strength, stamina and flexibility by introducing more advanced postures and holding them longer in a creative, challenging and stimulating environment.

**YOGA III** – Builds on Level II with postures being held longer and introducing another level of advanced poses.

**YOGA CLINIC** – Held the first Saturday of the month, the Yoga Clinic will focus on a different topic each month. Topics covered include basic alignment principals, inversions, restorative poses, and back bends. All levels welcome! Each clinic consists of mostly movement, with some short lecture/demonstrations.

**VINYASA YOGA FLOW** – This intense, faster paced class provides the Body-Mind benefits of Yoga exercise in a vigorous format to give you an overall conditioning class. 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. Advanced.

**CORE YOGA FLOW** – Yoga that targets the core through the Vinyasa Flow style which links breath and movement with postures "asanas" to strengthen the core muscles for total body conditioning. Recommended for the Intermediate Yogi practitioner.

## Masters Swim

Masters Swim offers structured, coached swim workouts that are designed to help swimmers improve fitness, endurance, speed and/or train for specific goals. The workouts utilize interval training and concentrate on fine tuning stroke technique. All levels are welcome, however, basic swimming skills are required.

**TECHNIQUE** – is for any level "Masters Swimmer" who wants to fine tune various aspects of their competitive swimming. This structured, coached workout will concentrate on learning and implementing proper stroke technique to improve efficiency and power for each stroke. Other elements of this workout will include flip turns, powering off the walls and surging to the finish. This is not a yardage workout.

The cost is \$10 per month for unlimited workouts. Sign up at the Welcome Desk. For more information contact Scott Nelsen at snelsen@spectrumclubs.com or 310-643-6878

# 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 the 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 in 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. - 7:00 P.M.**

## Kids Club Hours

**Monday-Friday: 8:00 A.M. - 1:00 P.M.**  
**3:30 P.M. - 8:00 P.M.**  
**Saturday: 7:30 A.M. - 1:00 P.M.**  
**Sunday: 7:30 A.M. - 1:00 P.M.**

Reservations: (310) 643-6859



**South Bay**  
2250 Park Place, El Segundo, CA 90245  
(310) 643-6878