

Group Fitness Class Schedule

SANTA MONICA

Effective December 1st, 2010



SPECTRUM ATHLETIC CLUBS

Please access our Group Fitness Schedule
online at www.spectrumclubs.com

MONDAY

- 6:15-7:15 Endurance Cycle ■▲
Anastasia Taylor
- 7:00-8:15 Core, Strength & Balance
Ray Bolton ■▲
- 8:30-9:45 Cardio Interval/Circuit ●■
Christina Peck
- 9:00-10:00 Pilates Reformer
Fundamentals
Vanessa Sword**
- 9:15-10:15 Cycle ●■
Michele Wilkoff
- 10:00-11:00 Hip Hop ●■
Nicole Steen
- 11:00-12:15 Yoga Flexibility ●■
Evylnne Householder
- 12:15-1:05 Cycle ■
Lynn Anderson
- 12:15-1:15 Pilates Mat ●■
Stephanie Grimes
- 1:30-2:30 Shaping Up ●
Stephanie Grimes
- 2:35-3:35 Silver Sneakers I ●
Anthony
- 4:30-5:45 Therapeutic Yoga Flow
Terra Gold
- 5:45-6:15 Core Motion ●■
Kay Garvin
- 6:00-7:00 Pilates Reformer
Mixed Level 1/2
Vanessa Sword**
- 6:15-7:15 Zumba ●■
Kay Garvin
- 6:15-7:15 Cycle ■▲*
Tracey Smith
- 7:00-8:00 Pilates Reformer
Mixed Level 2/3
Vanessa Sword**
- 7:15-8:15 Just Strength ●■
John Johnson

TUESDAY

- 7:30-8:30 Kick Box Extreme ●■
Ray Bolton
- Members should bring gloves**
- 9:00-10:00 Get Up & Groove
Odell
- 9:00-10:00 H.I.I.T. Cycle ●■
Tracey Smith
- 10:00-11:00 Core, Strength & Balance
Marc Natividad ●■
- 10:00-11:00 Pilates Reformer
Level 3
Denise White**
- 11:00-12:15 Yoga Challenge ●■▲
Riayn Shumacher
- 12:15-1:05 Cycle ■
Evylnne Householder
- 12:30-1:30 Boot Camp ■▲
Ray Bolton
- 1:30-2:30 Silver Shape Up ●
Francine Newton
- 4:15-5:30 Hatha Yoga ●■
Lee Wolfort
- 5:30-6:30 Just Strength ●■
Kay Garvin
- 6:30-7:30 Cycle ●■
Ray Bolton
- 6:30-7:30 Pilates Reformer
Mixed Level 2/3
Amanda Annear**
- 6:30-7:30 Boxing 101 ●■
Edward Jaime
- Members should bring gloves**
- 7:30-8:45 Yoga 1/11
Courtney Harms

WEDNESDAY

- 6:00-6:15 Early Bird Cycle ■
Dan Ries
- 6:15-7:15 H.I.I.T. Cycle ■
Dan Ries
- 7:15-8:30 Yoga Challenge ●■▲
Riayn Shumacher
- 9:00-10:00 Cardio Jam ●■
Stephanie Grimes
- 9:00-10:00 Pilates Reformer
Fundamentals
Vanessa Sword**
- 9:15-10:15 Cycle ●■
Michele Wilkoff
- 10:00-11:00 Cardio Core & Strength ●■
Evylnne Householder
- 11:00-12:15 Yoga Flexibility ●■
Evylnne Householder
- 12:15-1:15 Zumba
Wilson
- 1:30-2:30 Silver Sneakers II ●
Kay Garvin
- 5:00-6:00 Pilates Reformer
Fundamentals
Vanessa Sword**
- 5:15-6:15 Bags N Abs ■
Naomi Cohen
- 6:00-7:00 Pilates Reformer
Mixed Level 1/2
Vanessa Sword**
- 6:15-7:15 Cycle ■▲
Oz Okdemir
- 6:15-7:30 Yoga Flexibility ●
Cam Nguyen
- 7:00-8:00 Pilates Reformer
Mixed Level 2/3
Vanessa Sword**

THURSDAY

- 7:30-8:30 Kick Box Extreme ●■
Ray Bolton
- Members should bring gloves**
- 8:45-9:45 Cardio Sculpt
Karen Voight
- 9:00-10:00 H.I.I.T. Cycle ●■
Tracey Smith
- 9:00-10:00 Pilates Reformer
Mixed Level 1/2
Janet Ruiz**
- 9:45-11:00 Hoops & Strength ●■
Kay Garvin
- 10:00-11:00 Pilates Reformer
Level 3
Janet Ruiz**
- 11:00-12:15 Yoga Challenge ●■▲
Riayn Shumacher
- 12:15-1:05 Cycle ■
Tracey Smith
- 12:30-1:30 Boot Camp ■▲
Ray Bolton
- 1:30-2:30 Shaping Up ●
Stephanie Grimes
- 5:30-6:45 Cardio Core & Strength ●■
Julie Miller
- 6:15-7:15 Cycle ■
Anastasia Taylor
- 6:30-7:30 Pilates Reformer
Mixed Level 1/2
Nichola Dunne**
- 7:00-8:15 Yoga 1/11
Courtney Harms

FRIDAY

- 6:00-7:00 Cycle ■
Tracey Smith
- 7:00-8:00 Bosu Sculpt ■
Lori Corbin
- 9:00-10:00 Cardio Kick Box ■
Kay Garvin
- 9:00-10:00 Pilates Reformer
Fundamentals
Noelle Geller**
- 9:15-10:15 Cycle ●■
Lori Koutouratsas
- 10:00-11:00 Pilates Reformer
Level 2
Amanda Annear**
- 10:00-11:00 Core, Strength & Balance ●■
Marc Natividad
- 11:00-12:15 Yoga Flexibility ●■
Nicola Dunne
- 12:15-1:05 Cycle ■
Evylnne Householder
- 12:15-1:15 Get Up & Groove
Odell
- 1:30-2:30 Silver Sneakers I ●
Francine Newton
- 5:30-6:30 La Tin-Va ■▲
Johnny Villacienco
- 6:15-7:15 Cycle ■▲
Dan Ries
- 6:30-7:45 Kundalini Flow Yoga ■▲
Staff

SATURDAY

- 8:15-9:15 Cycle ■*
Tara Singer
- 8:45-9:00 Abs Only ●■
Raquel Steinberg
- 9:00-10:00 Pilates Reformer
Mixed Level 1/2
Kaitlyn Weiss**
- 9:00-10:20 Dynamic Flow Yoga ■
Raquel Steinberg
- 9:30-10:30 Cycle ■▲
Anastasia Taylor
- 10:30-11:45 Just Strength ●■*
Lori Corbin
Sign up required
- HELD ON 1ST SATURDAY OF THE MONTH
- 10:45-11:30 Cycle Intro ●
Esther Shubow
- 11:45-12:45 Pilates Mat ●■
Pamela Heffler
- 12:50-2:05 Yoga Flexibility ●■
Cam Nguyen

SUNDAY

- 7:45-9:00 Hatha Yoga ●■
Ahnjel Ali
- 9:00-10:00 Cycle Challenge ■▲
Jonathan Stokes
- 9:30-10:45 Cardio Interval Circuit ■
Christina Peck
- * Lori Corbin 1st Sunday of the Month
- 10:15-11:15 Cycle ●■
Tricia Ronten
- 10:45-12:00 Just Strength ■▲
Carrie Curtis

Group Fitness Manager
Tracy Martins

Pilates Studio Manager
Shane Russell

Studio 1
Cycle Studio
Pilates Studio

- Beginner
- Intermediate
- ▲ Advanced
- New Class**
- * Sign up required

Please note the scheduled instructor
and/or class may change without notice.

PILATES REFORMER
Pilates Reformer Classes are fee based
and held in The Pilates Studio
**contact Shane Russell
for more information**

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.

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

Cardio/Strength

ABS ONLY – This 15 minute class focuses on firming and toning and defining the abdominal areas which plays an important role in maintaining good posture and a healthy back.

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.

BOSU SCULPT – Try the latest breakthrough in training using the Bosu balance trainer. Improve your core strength in this challenging class which will integrate the body's systems to work as a coordinated unit. All levels welcome.

BOXING 101 – This fun unique class combines all the basics of boxing; utilizing bag work, foot work, and focus mitts. Incorporating specific strength, cardio and core training while building endurance and burning fat. This class allows all levels of skill to use their differences to empower each other pushing forward continually while achieving your fitness goals. **Members should bring gloves.**

CARDIO CORE & STRENGTH – This 60 minute workout incorporates Low Impact, Strength and Core training intervals and drills. Bosu, Stability Balls, Hula Hoops and weighted balls are utilized in this challenging ever-changing class.

CARDIO INTERVAL/CIRCUIT – An innovative workout utilizing cardiovascular and strength training intervals. Cardio drills and resistance tools are used to improve muscular endurance, strength and greater aerobic capacity.

CORE MOTION (Created by Michael Carson) – 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 & BALANCE – Develop balance and abdominal strength as you perform upper and lower body exercises, including plyometric and agility exercises. You will use your core (center of body) to maintain postural alignment and balance.

CYCLE – Start pedaling and let go as your instructor takes you on the cardio ride of your life! An exercise class on a stationary bike; perfect for all levels of fitness enthusiasts, recreational cyclists, or serious racer.

CYCLE CHALLENGE – An intense indoor cycling class with an emphasis on interval training, strength, agility and endurance. Suitable for all fitness levels.

CYCLE INTRO – A must for Beginners! Our Cycle Intro. will teach you the basic moves and cues. Special attention is given to form, technique and riding tips, as well as injury prevention and is geared to all levels of fitness. Class is held the first Saturday of each month.

ENDURANCE CYCLE – This class which focuses on teaching the body to release stored body fat to the muscles for fuel. Learn how endurance athletes burn fat more efficiently while becoming leaner, stronger and more fit.

H.I.I.T. CYCLE – High Intensity Interval Training – This one hour workout is broken up into segments of short intense exercise followed by a segment of less intense exercise. This pattern is repeated several times during the workout. A H.I.I.T. Cycle class involves warm up, several short, maximum intensity intervals and a cool down period.

GROUP FITNESS SAMPLER – Group Fitness Sampler is a welcoming introduction to our wonderful Group Fitness Program. Meet one of our fabulous instructors and they will take you through three classes in one hour. Taught on the second and third Saturday on the month.

HOOPS & STRENGTH – Have you Hula Hooped lately? This class utilizes Hula Hoops for a stronger, slimmer, more flexible waist and spine. Plate-loaded barbell system and rubber tubing are added for strength training. Stability balls and Bosu for core training. This class is challenging but lots of fun.

JUST STRENGTH – An intense class utilizing an innovative plate-loaded barbell system.

Using traditional weight-training protocol, burn calories, increase lean muscle mass, and improve strength and endurance.

BAGS N ABS – A 60 minute workout incorporating the basic fundamentals for authentic kickboxing and martial arts. This class will incorporate bag work and will finish with ab work.

CARDIO KICK BOX – This class combines shadow box style kick boxing and muscle toning using continuous basic cardio moves and repetitions to keep you in your fat burning zone. This class is for all levels of fitness.

KICK BOX EXTREME – Not for the weak of heart, this class has elements of boot camp and cardio boxing to the extreme. **Members should bring gloves.**

SILVER SHAPE UP – This class geared toward the mature infrequent exerciser. It includes a short low intensity cardio portion with body sculpting using light weights. A slow stretch completes this workout.

SILVER SNEAKERS I CHAIR WORKOUT – 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.

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

STEP N' PUMP – This challenging class includes a step workout and a strength component utilizing weights, tubing, Bosu and Stability Balls. You will improve your cardio vascular endurance and muscular strength with this invigorating workout.

Dance

GET UP & GROOVE – Imagine a one hour dance/cardio session that is taught in a "club dance style!" The emphasis is on having fun, releasing your spirit and feeling the beat. All fitness levels welcome.

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 Hip Hop video. The choreography will be broken down. All levels of dance welcome

LA TIN-VA – 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.

ZUMBA – This Cardio Latin Dance class includes, Cha Cha, Merengue, Salsa and other latin styles. Start your week off with some fun. The steps are easy to learn.

Mind/Body

PILATES MAT – A total body workout that emphasizes strength, alignment by working through the bodies core. Using the exercises of Joseph Pilates, this workout enhances muscular balance, improves posture and body awareness.

YOGA – An ancient science of radiant health and fitness. It benefits the entire being from core to surface.

DYNAMIC FLOW – Is a type of Hatha yoga that emphasizes the Vinyasa which means sequence of poses. The flow of the positions builds heat, improves flexibility and strength and postural awareness.

HATHA YOGA – "Ha" means Sun and "Tha" means Moon, polar opposites. Hatha Yoga embraces the energies of the sun and the moon. This format of Yoga creates balance in all respects to those who practice it.

KUNDALINI FLOW – Kundalini Yoga is the name of a style of Hatha Yoga, originated by the Sikh master Yogi Bhajan. It's purpose is to awaken the inner power by means of postures, breath control and meditation.

THERAPEUTIC YOGA FLOW – Merging classical yoga, asanas (poses) with modern principles of alignment and biomechanics, this class will therapeutically balance your body through increasing flexibility, stability and strength. Open to all levels of practitioners.

YOGA CHALLENGE – Yoga is an ancient form of movement promoting balance, flexibility, strength and relaxation through various postures and breathing techniques. The perfect compliment to all forms of exercise.

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 A.M.-10:00 P.M.

Saturday-Sunday: 7:00 A.M.-8:00 P.M.



SPECTRUM
ATHLETIC CLUBS

Santa Monica
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