

# Group Fitness Schedule

THOUSAND OAKS

Effective Date January 1st, 2011



# 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 Joe Buchanan	5:15-6:00 <b>Trekking *</b> Todd German	5:00-6:00 <b>Boof Camp</b> Celia	5:15-6:00 <b>Trekking *</b> Cindy Alonge	5:30-6:30 Cycle Todd	7:30-8:00 <b>New Generation Step</b> (Preview) Kim Roberts	8:30-10:00 <b>Super Cycle</b> Kim Roberts
<b>6:00-7:00 Greatest Challenge</b> Robyn & Donna	6:00-7:00 Cycle Todd German	6:00-7:00 Cycle Robyn Logan	6:00-7:00 Cycle Cindy Alonge	<b>6:00-7:00 Greatest Challenge</b> Robyn & Donna	8:00-9:00 <b>New Generation Step</b> (Advanced Choreography) Kim Roberts	9:00-10:00 <b>Aqua Motion</b> Kate Hutcheson
<b>6:00-7:00 Kettle Bell 101</b> JoNell	6:00-7:00 <b>Pilates Reformer II</b> Diana	<b>6:00-7:00 Kettle Bell 101</b> JoNell	6:00-7:00 <b>Pilates Reformer I/II</b> Diana	<b>6:00-7:00 Kettle Bell 101</b> JoNell	8:00-9:00 Cycle Cindy Alonge	9:30-10:30 <b>Get Up &amp; Groove</b> Odelle
8:00-8:45 Express Cycle Diana	<b>7:00-8:00 Kettle Bell 101</b> JoNell	8:00-9:00 Cycle Bess Motta	<b>7:00-8:00 Kettle Bell 101</b> JoNell	8:00-8:45 <b>Trekking *</b> Donna Connor	8:00-9:00 <b>Pilates Reformer II</b> Bess	10:15-11:15 <b>Pilates Reformer I/II</b> Geoff
8:00-8:45 <b>Trekking *</b> Donna Connor	8:00-9:15 Yoga Stretch I/II Jennifer Mackie	8:00-8:45 <b>Trekking *</b> Donna Connor	8:00-9:15 Yoga Jenny Klossner	8:00-8:45 Express Cycle Angela Salveo	8:00-9:15 Yoga II/III Michael Manoogian	10:15-11:15 Cycle Vince Torres
8:45-9:30 <b>Trekking *</b> Donna Connor	8:30-9:30 <b>Cardio Kickboxing</b> Christina Lightfoot	8:45-9:30 <b>Trekking *</b> Donna Connor	8:30-9:30 Cycle Tracy Martins	8:45-9:30 <b>Trekking *</b> Donna Connor	8:00-9:30 <b>Yoga II/III</b> Michael Manoogian	10:30-11:30 <b>Low &amp; Sculpt</b> Kate Hutcheson
8:30-9:30 <b>Cardio Kickbox</b> Rick Logan	8:30-9:30 Cycle Kim Roberts	8:30-9:30 <b>New Generation Step</b> (Advanced Choreography) Kim Roberts	8:30-9:30 <b>Cardio Kickbox</b> Christina Lightfoot	8:30-9:30 <b>New Generation Step</b> (Advanced Choreography) Kim Roberts	9:00-10:30 <b>Cardio Pump &amp; Zumba</b> Robyn Logan	11:30-1:00 <b>Yoga I/II</b> Chandra
9:00-9:45 A.C.S. Nancy Osborne	8:30-9:00 <b>Express Trek *</b> Robyn Logan	9:00-10:00 <b>Pilates Reformer I/II</b> Geoff	8:30-9:00 <b>Express Trek *</b> Robyn Logan	9:00-9:45 A.C.S. Peter Fair	9:15-10:15 <b>Pilates Reformer II/III</b> Geoff	
9:00-10:00 <b>Pilates Reformer I</b> Bess	9:00-9:30 <b>Express Trek *</b> Robyn Logan	9:00-10:15 Yoga I/II Anna Chevalier	9:00-9:30 <b>Express Trek *</b> Robyn Logan	9:00-9:45 <b>Pilates Reformer</b> <b>Beginning</b> Diana	9:30-10:30 <b>Aquamotion</b> Tami Miller	
9:15-10:15 Cycle ** Tracy Martins	9:00-10:00 <b>Functional Training *</b> Donna Connor	9:15-10:15 Cycle ** Tracy Martins	9:00-10:00 <b>Functional Training *</b> Donna Connor	9:30-10:30 <b>Functional Training *</b> Kim R./Donna C.	9:30-10:30 Cycle Bess Motta	
9:30-10:30 <b>Power Pump</b> Barbara Wolfe	9:00-10:00 <b>Aqua Challenge</b> Nancy Osborne	9:30-10:30 <b>Power Pump</b> Kim Roberts	9:00-10:00 <b>Aqua Challenge</b> Pami Miller	9:30-10:30 <b>Get Up &amp; Groove</b> Odelle	10:30-11:30 <b>Cardio Kickbox</b> Jude Lee	
<b>9:30-10:30 Greatest Challenge</b> Robyn & Donna	9:30-10:30 <b>Cardio Pump</b> Robyn Logan	<b>9:30-10:30 Greatest Challenge</b> Robyn & Donna	9:30-10:30 Shape Up Barbara Wolfe	9:15-10:30 Cycle Bess Motta	11:00-12:00 La Tin-Va Dance Johnny Villavicencio	
9:45-11:15 Power Yoga II/III Milla Dektyar	10:00-11:00 <b>Pilates Reformer I/II</b> Geoff	10:00-11:00 <b>Aquamotion</b> Peter Fair	9:30-10:30 <b>Cardio Pump</b> Robyn Logan	9:30-10:30 <b>Get Up &amp; Groove</b> Odelle		
10:00-11:00 <b>Aquamotion</b> Nancy Osborne	10:30-11:30 <b>Pilates Mat</b> Kristen Mello	10:15-11:15 <b>Pilates Reformer III</b> Bess	10:00-11:00 <b>Pilates Reformer I/II</b> Geoff	9:45-11:15 Power Yoga II/III Milla Dektyar		
10:00-11:00 <b>Pilates Reformer III</b> Bess	11:30-12:30 <b>Zumba</b> Hilarie	10:45-11:45 <b>Chi Kung</b> Victoria Cobb	10:30-11:30 <b>Pilates Mat</b> Kristen Mello	10:00-11:00 <b>Aquamotion</b> Peter Fair		
10:30-11:30 <b>Functional Training</b> Donna Connor	12:00-1:30 Yoga All Levels Purusha	11:15-12:00 A.C.S. Peter Fair	11:30-12:30 <b>Zumba</b> Myrajo	11:30-12:30 <b>Pilates Mat</b> Geoff		
<b>12:00-1:00 Kettle Bell 101</b> JoNell	1:45-2:45 Yoga Basics Purusha	<b>12:00-1:00 Kettle Bell 101</b> JoNell	12:00-1:30 Yoga All Levels Purusha	12:00-1:30 Heart of Yoga Purusha		
12:30-1:45 Vinyasa Flow Yoga II Kathleen Sanders	4:00-5:00 <b>Get Up &amp; Groove</b> Odelle	12:30-1:45 Yoga Stretch II Katrina Durocher	1:45-2:45 Yoga Basics Purusha	1:00-2:00 <b>Aquamotion</b> Tami		
1:00-2:00 <b>Tai Chi (Beginner)</b> Victoria Cobb	5:00-6:00 Cycle ** Robyn Logan	2:30-3:30 <b>Aquamotion</b> Allison Thompson	4:00-5:00 <b>Get Up &amp; Groove</b> Odelle	5:30-6:30 Cycle Staff		
2:00-3:00 <b>Tai Chi (Advanced)</b> Victoria Cobb	5:00-6:00 <b>The Ultimate Body Shaper</b> Donna Connor	5:00-6:15 Pilates Mat Gerri Amais	5:00-6:00 Cycle ** Robyn Logan	6:00-7:15 Yoga II Chris Bannister		
4:30-5:30 <b>Aquamotion</b> Tami Miller	6:00-6:45 <b>Trekking *</b> Robyn Logan	5:00-6:00 <b>Cardio Pump</b> Robyn Logan	5:00-6:00 <b>The Ultimate Body Shaper</b> Donna Connor			
5:00-6:00 <b>Just Strength</b> Kim Roberts	6:00-7:00 <b>Just Strength</b> Cindra Skotzko	6:00-7:00 <b>Zumba</b> Rick Logan	6:15-7:00 <b>Zumba</b> Rick & Robyn Logan			
5:00-6:15 Pilates Mat Gerri Amais	6:00-7:00 <b>Aquamotion</b> Mary Jo Leste	5:30-6:30 Cycle Monica Green	5:30-6:15 <b>Trekking *</b> Rick Logan			
5:30-6:30 Cycle Cindy Alonge	6:00-7:00 <b>Pilates Reformer I/II</b> Geoff	6:00-7:00 <b>Greatest Challenge</b> Robyn & Donna	6:00-7:00 <b>Pilates Reformer II/III</b> Geoff			
6:00-7:00 <b>Bags Only</b> Kim Roberts	6:00-7:15 Yoga II Jennifer Mackie	6:00-7:00 <b>Pilates Reformer</b> <b>Beginning</b> Diana	6:00-7:00 Yoga I/II Carnein Wolfe			
<b>6:00-7:00 Greatest Challenge</b> Robyn & Donna	7:00-8:00 <b>Cardio Kickbox</b> Hilary Fischer	6:15-7:45 Yoga II/III Gerri Amais				
6:15-7:45 Yoga II/III Chandra Gero						

Group Fitness Manager  
**Tracy Martins**

**Studio #1**

**Studio #2**

**Studio #3**

- \* = on the fitness floor
- = on the basketball court
- \*\* = Sign up at reception desk 30 minutes prior to start of class
- \*\*\* = in the Pilates room

*Tried Pilates  
Reformer Training?  
Call Spectrum for  
more information.*

Please note the scheduled instructor  
and/or class may change 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

**A.C.S.:** Arthritis Chair Sculpting. This class is specially designed for people with arthritis. Seated on a chair, this class will improve muscular endurance, tone and definition.

**AQUAMOTION:** Get cool in the pool! An invigorating cardiovascular exercise class which includes upper and lower body muscle toning. Exercising in the water increases resistance and elevates the heart rate to your training level while eliminating physical stress to the bones and joints. Ideal for men and women of all fitness levels, those with back and knee problems and pre/post natal mothers. No swimming skill is required.

**AQUA CHALLENGE:** Advanced and more strenuous class.

**BOOT CAMP:** This workout is a radical departure. Take this high voltage class to maximize your strength, agility & stamina. This no holds bar military style workout includes cardiovascular as well as muscular conditioning drills and exercises. Push ups, sit ups, jump rope, calisthenics – anything and everything is fair game in this total body blowout. Intermediate to advanced.

**CARDIO KICKBOX:** Sweat it out in this high energy TKO workout! This class combines aerobic conditioning with kickboxing; includes bag work and body sculpting for an all around workout to make you sweat and burn!

**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 PUMP & ZUMBA:** All the benefits of Power Pump with the addition of Cardio. A great way to burn fat and tone muscles.

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. This combination creates a one of a kind class. For intermediate to advanced level students.

**CYCLE:** Start pedaling and let go as your instructor takes you on the aerobic ride of your life! This class is an incomparable aerobic 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.

**EXPRESS CYCLE:** An intermediate cycling class. 45 min. long.

**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.

**SUPER CYCLE:** An advanced cycling class 75 min. to 90 min.

**LOW & SCULPT:** Get a total body workout in this class which includes a dance aerobics workout, body sculpting, and ends with a stretch. All fitness levels.

**FUNCTIONAL TRAINING:** A challenging workout that incorporates Stability Balls to gain balance, coordination, and core strength. This workout is an easy way to tone and strengthen your abs, back, buns, thighs and upper body.

**JUST STRENGTH:** An intense total body workout designed to define and tone every muscle in every way. This class improves overall muscular strength and maximizes calorie burn.

**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.

**NEW GENERATION STEP INTRO:** Have you ever looked into Studio #1 and thought "I could never do that." Let us help. In 45 minutes we will break down all you would ever need to know to look like a seasoned professional.

**NEW GENERATION STEP:** Welcome to the new millennium of step workouts! Learn to mix a perfect blend of leaps, stomps, propulsions, cha-chas and dance choreography! All in only one hour of pure FUN! Intermediate to advanced level.

**POWER PUMP:** Take this class to improve muscular endurance, tone and definition. Dumbbells, Body bars & Spri bands increase the effectiveness and intensity of this workout.

**PURE STEP:** Just what it says...this step aerobic class is designed to allow everyone to follow along with fun step choreography. Enjoy 50 minutes of pure aerobic step cardio. Intermediate.

**SCULPTING:** 30 minutes of body conditioning.

**SHAPE UP:** Geared for the infrequent exerciser, older adult, pre/post natal women, beginner, or anyone looking for a great workout - but a mild one. It includes a short low intensity low impact workout, muscle conditioning and a total body stretch

**TREKKING:** Exciting Group Exercise class using the treadmill for a challenging results-oriented cardiovascular workout geared for walkers and runners of all levels. Whether you want to train for a marathon or just get in shape. Trekking is for you. Perform, look and feel better. Reservations are taken at the front desk and start 30 minutes prior to class. Trekking is located on the fitness floor.

**ULTIMATE BODY SHAPER:** Are you ready to transform your body into its ultimate shape? Join Donna Conner in this signature style class of interval training. Building each strength move, coupled with cardiovascular training, always involving the core, burn serious calories with this intense ultimate body shaper.

**ZUMBA:** Lets face it, working out can be healthy, rewarding, beneficial... working out can be lots of things, but its never been known to be much fun... UNTIL NOW! ZUMBA fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

## MIND/BODY

**CHI KUNG:** Join us for an ancient Chinese exercise system that uses breath, movement and meditation to enhance the flow of vital energy throughout the body. This class incorporates the many elements of Tai Chi while also containing elements of self defense. Come and learn this beneficial and intriguing internal form of exercise.

**PILATES MAT:** This is a total bodymind workout, which focuses on precise concentrated movement using the mind to feel and focus the body. Movements emphasize building strong abdominals and lower back to enhance strength, muscular symmetry, alignment, flexibility, grace and coordination.

**TAI CHI:** Tai Chi is sometimes described as "meditation in motion" and was originally developed in China as a form of self defense. This graceful form of exercise has existed for about two thousand years. Tai Chi is safe for people of all ages and fitness levels because the movements are low impact and put minimal stress on your muscles and joints.

## YOGA

**HEART OF YOGA:** Spectrum Club is proud to announce this signature yoga class. The Heart of Yoga is a rejuvenating journey into the softer inner side of yoga. It includes restorative yoga poses, yin yoga poses, pranayana (precise gentle breathing), and stress reduction through an introductory meditation practice.

**YOGA:** Hatha 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.

**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 BASICS:** This 30 minute 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.

**POWER YOGA:** This Power Yoga class is gre at for advanced as well as the beginning Yoga student. Ashtanga yoga is the primary style incorporated into this Power Yoga class. You will stretch, strengthen and realign your entire body by linking breath with each pose.

**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.

**VINYASA FLOW YOGA:** 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.

**GREATEST CHALLENGE provided by Spectrum personal trainers: Robyn Brown and Donna Conner. For information contact Robyn Brown or Donna Conner (805) 497-0153 Ext. 517 or 526.**

**PILATES REFORMER TRAINING:** Pilates Reformer Training is a semi-private group training class and is fee based. Call Spectrum for more information.

**KETTLEBELL 101:** Blast bodyfat with kettlebells, heavyropes, and sandbags! Get your cardio and strength training in one hour. This is a semi-private, small group training which provides individualized fat-loss and exercise instruction. This is also fee-based training. Please contact JoNell Vachet, PT, CSCS, RKC, certified Russian kettlebell instructor at 805.298.9080 for more info.

# 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 on 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

**Mon.-Thurs.: 4:30 A.M.-11:00 P.M.**

**Fri.: 4:30 A.M.-9:00 P.M.**

**Sat./Sunday: 6:30 A.M.-7:00 P.M.**

## Kids Club Hours

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

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

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

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

Reservations Necessary: (805) 494-3862

