

Group Fitness Schedule

VALENCIA

Effective Date December 27th, 2010



SPECTRUM ATHLETIC CLUBS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Cycle Angela Parretta	5:15-6:00 Cycle Danielle	5:15-6:00 Total Body Workout Jean Green	5:15-6:00 Cycle Danielle	5:15-6:00 Boot Camp Jean Green	8:00-9:00 <i>Spectrum's</i> DYNAMIC Strength Cezanne Youmazzo	8:00-9:00 Cycle Michael Schmidt
8:30-9:30 <i>Spectrum's</i> DYNAMIC Strength Robin	6:00-7:00 Power Pump Angela Parretta	6:00-7:00 Cycle Angela Parretta	6:00-7:00 Power Pump Angela Polk	6:00-7:00 Cycle Loni Martinson	8:00-9:00 PILATES REFORMER Gwen Dignadice	8:30-9:30 Yoga Basics Kimberly
8:45-10:00 Yoga Tami Austin	8:30-9:30 Max Burn Kickbox Gwen	8:15-8:45 High Intensity Interval Cycle Robert Dos Remedios	8:30-9:30 Cardio Kick Boxing Cezanne Youmazzo	8:15-8:45 High Intensity Interval Cycle Robert Dos Remedios	8:30-9:25 Cycle Robert Dos Remedios	9:00-10:00 Boot Camp Dana Wiltz
8:30-9:30 Cycle Shari Schmidt	8:30-9:30 Cycle Loni Martinson	8:45-10:00 Yoga Tami	8:30-9:30 Cycle Lynette	8:30-9:30 Boot Camp Lynette	9:00-9:45 Boxing Basics 101 Joel Dignadice	9:00-10:00 Cycle Shari
9:00-10:00 PILATES REFORMER Cezanne Youmazzo	8:30-9:30 Cardio Pilates Tina	8:30-9:30 Total Body Workout Cezanne	8:45-9:45 PILATES REFORMER Gwen Dignadice	8:30-9:30 Lean & long: A Bikini Bootcamp Angela Parretta	9:00-10:00 Strong Step Interval Dana Wiltz	10:00-10:15 Core Solution Dana Wiltz
9:30-10:30 Total Body Workout Gwen Dignadice	9:30-10:30 Power Pump Lynette	9:00-9:55 Cycle Gwen Dignadice	8:45-10:00 Yoga Kimberly	9:00-10:00 Cycle Jen Blake	9:00-10:00 PILATES REFORMER Cezanne Youmazzo	10:00-11:00 Booty Barre Bootcamp Melissa
10:00-11:00 Cardio H2O Robin	9:30-10:30 Zumba Renee	9:00-10:00 PILATES REFORMER Cezanne Youmazzo	9:30-10:30 Power Pump Ann Lanski	9:00-10:00 PILATES REFORMER Tami	9:30-10:30 Cycle Gwen Dignadice	
10:30-11:00 High Intensity Interval Cycle Gwen Dignadice	9:30-10:30 PILATES REFORMER Ashlee	9:30-10:30 Boot Camp Heather Deffenbaugh	10:00-11:00 Pilates Mat Gwen Dignadice	9:30-10:30 Total Body Workout Gwen Dignadice	10:00-11:00 Aqua Motion Apolonia	
10:30-11:30 The Dancer's Physique Workout Jenifer	10:30-11:30 Yoga Basics Tami Austin	10:30-11:30 Pilates Mat Colette	10:15-11:15 Aqua Motion Marion Weir	9:30-10:30 The Dancer's Physique Total Butt Lift Jenifer	10:00-11:15 Pilates / Yoga Fusion Tami Austin	
10:45-11:45 PILATES REFORMER Kim/Tami	11:00-12:00 PILATES REFORMER Gwen Dignadice	11:00-12:00 PILATES REFORMER Gwen Dignadice	11:00-12:00 PILATES REFORMER Gwen Dignadice	10:00-11:00 PILATES REFORMER Ashley	10:00-11:00 The Dancer's Physique Workout Jenifer	
12:00-1:00 Cycle Lynette	1:00-2:00 Silver Sneakers II Marion Weir	12:00-1:00 Cycle Cezanne Youmazzo	1:00-2:00 Silver Sneakers II Marion Weir	10:30-11:30 Yoga Basics Tami Austin		
1:30-2:30 Silver Sneakers I Cecilia	4:30-5:30 Pilates Mat Kelly	1:30-2:30 Silver Sneakers I Cecilia	5:30-6:30 Ballet Barre Basics Michelle A	11:00-12:00 Pilates Zen & Sculpt Gwen Dignadice		
4:30-5:15 Cycle Heather Deffenbaugh	5:30-6:30 Power Pump Ann Lanski	4:30-5:30 Zumba Marion Weir	6:00-7:00 Bosu Boot Camp Cezanne Youmazzo	12:00-1:00 Cycle Clare Tapia-Brown		
4:30-5:30 Zumba Marion Weir	6:30-7:45 Yoga Kimberly	5:30-6:00 Core Solutions & Upper Cuts Marion Weir	6:30-7:30 Cycle Tracey Smith	1:00-2:00 Silver Sneakers II Kelly		
5:15-6:15 PILATES REFORMER Tami	6:30-7:30 Extreme Physique Gil	6:00-7:00 Boot Camp Dana Wiltz	7:00-8:00 PILATES REFORMER Tami	4:30-5:30 Zumba Marion Weir		
5:30-6:30 Pilates Mat Sheilah	6:30-7:30 Cycle Kevin Summers	6:00-6:45 Cycle Annette		5:30-5:45 Core Solution Marion Weir		
6:00-7:00 Boot Camp Dana Wiltz	7:00-8:00 PILATES REFORMER Tami	6:30-7:45 Restorative Yoga Tami Austin		6:30-7:45 Int/Adv Yoga Tami Austin		
6:00-7:00 Cycle Adina Neal	7:45-8:30 Boxing Basics 101 Joel Dignadice	7:00-8:00 Cycle Michael Schmidt				
6:30-7:45 Yoga Tami Austin						
7:15-8:00 Cycle Michael Schmidt						

Group Fitness Director
Kim Worthen

Studio #1

Studio #3

POOL

* = new class

PILATES REFORMER

Pilates Reformer Classes are fee based classes. Contact Kim Worthen at kworthen@spectrumclubs.com 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

AQUA MOTION – An invigorating water workout! Perfect for all fitness levels, those with back and knee injuries, and pre/post natal mothers. No swimming skills required. All fitness levels.

BALLET BAR BASICS – Leaning, lengthening, and firming while learning how to engage a strong core base. And, of course, all of that is included in our cardio segment too! No dance experience necessary.

BOSU BOOT CAMP – Whether you want to focus on strength and flexibility training or balance, agility and sport movement – The BOSU Integrated Balance Trainer integrates the concept of “body equilibrium” into a total fitness approach that will improve proprioception and balance through exercises that are progressive and challenging and will result in overall improved functioning in day-to-day movements and/or sports.

BOOT CAMP – Minimal on choreography but maximum on intensity, this non-sensence workout will improve cardiovascular fitness and muscular strength. Movements may include sports drills, calisthenics and other high intensity activities. Intermediate and advanced.

BOXING BASICS 101 – Improve muscular strength and endurance as well as aerobic and anaerobic conditioning as you learn proper form and technique for throwing punches, foot patterns and ring movements in this basic training class. All fitness levels.

CARDIO PILATES – Cardio pilates gives you the best of both worlds: the principles of Pilates Mat work with standing cardiovascular rhythmic patterns. The result is a workout designed for all fitness levels that will enhance caloric expenditure while improving core strength, balance and flexibility. Commitment to this class will give you a stronger, leaner and more functional body.

CORE SOLUTION – Intense training for your abs and back.

CYCLE – It's a workout for your mind and a challenge for your body. Start pedaling and let go as your instructor takes you on an aerobics ride of your life! Perfect for fitness enthusiasts, recreational cyclist or serious racer. Intermediate and advanced. Reservations are taken at the front desk and start 30 minutes prior to class. Our cycling bikes are compatible with 'LOOK' and 'SPD' cycling shoes. Gym shoes can also be worn.

EXTREME PHYSIQUE – If you don't mind getting completely drenched, this is the class for you. High intensity does not mean high impact. Change your body to professional DJ beats without any pre set or complicated choreography! A blend of aerobics, boxing, and martial arts takes this class to the EXTREME!

HIGH INTENSITY INTERVAL CYCLE – 30 minutes is all you need when you want to burn more calories in less time. Interval training is a proven exercise method that allows you to burn more calories and improve your strength more effectively than any other form of exercise. We take I.T. into the cycle room, so that you can take out the results.

KICKBOXING – Experience the power, energy and heat in this blistering TKO workout! It's packed with jump rope, boxing, kickboxing and more! This dynamite workout will make you sweat and burn. Intermediate and advanced.

LONG AND LEAN: A BIKINI BOOTCAMP – Think “little black dress”. Think “skinny jeans”. Or just think, “Bikini”.... this class creates that Long and Lean look with light cardio for slimming, dynamic leg work for shapely legs, and creative upper body work for those finely sculpted shoulders and arms.

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.

SPECTRUM'S DYNAMIC STRENGTH – New to Spectrum!!! This class is guaranteed to improve your fitness level, your strength, and your shape with regular attendance. The beauty of this class is in it's simplicity, the guarantee is in the format, and the motivation is in the music, the instructor quality, and the confidence you will have when you see and feel the difference in your body. Absolutely challenging for hard core men and women athletes, simple enough for those new to exercise. Everyone is welcome. A good place to start, a perfect place to continue.

STRONG STEP INTERVAL – Step and Body Sculpting together! Experience a cardiovascular interval training class that gives you the excitement and dynamics of cardio training and the power and focus of strength training. U = upper body L = lower body

THE DANCER'S PHYSIQUE WORKOUT – Graceful, lean bodies are the ultimate goal in the unique workout. Join us in an intimate setting as we create finely sculpted arms, a slender waistline, lean legs, and tight glutes through light weight work and long extended movements.

TOTAL BODY WORKOUT – Everything you need in exercise in one class format for the results you want. Cardio, core, and strength. We utilized the step boards, weights, bars, tubes, bands, and great music to keep you coming back for more.

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

PILATES MAT – A total body workout that emphasizes body alignment to build muscular strength, balance and harmony. 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. You will feel refreshed, alert and a sense of physical and mental well-being. All fitness levels.

PILATES ZEN AND SCULPT – Sculpt and elongate your muscles while promoting mind-body synergy. Use of Flex bands, small balls and other resistance tools are a fun addition to this class. End feeling peaceful but energized at the same time.

RESTORATIVE YOGA – Rest, relax, and renew in this restorative yoga class

YOGA – This traditional Yoga class promotes meditation, breathing exercises and physical (Hatha) poses. It harmonizes the body, mind, and spirit. Yoga practice can bring you to a sense of peace and well being, while it makes your body strong and flexible, and improves the respiratory, circulatory, digestive, and hormonal systems.

YOGA BASICS – Explore the foundations of Yoga through various asana (postures) and breathing techniques. This class is designed for those new to yoga, and focuses on proper execution of basic yoga postures though balance, flexibility, strength and relaxation.

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.

Saturday: 6:00 A.M.-7:00 P.M.

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

Kids Club Hours

Monday-Thursday: 8:00 A.M.-1:00 P.M.

Monday-Thursday: 3:00 P.M.-8:00 P.M.

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

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

Sunday: 9:00 A.M.-12:00 P.M.

Kids Club (661) 255-3855



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