

Spectrum presents **Special Classes** during **Yoga Week September 20th - 26th**

Alamo Heights

Monday, September 20th 9:15am Free Spirit Yoga with Peg
Wednesday, September 22nd 6:30pm Yoga and Meditation Flow with Peg
Thursday, September 23rd 6:00pm Gentle Yoga with Shari Miller
Friday, September 24th 10:30am Hip Openers with Shelley

Bandera Pointe

Wednesday, September 22nd 9:15am Pure Love Yoga with Laura
Friday, September 24th 10:00am Hip Openers with a Twist of Yin with Cindy
Saturday, September 25th 11:30am Pure Love Yoga with Laura

Concord Plaza

Monday, September 20th 7:15pm Sunset Yoga with Peg
Wednesday, September 22nd 8:15am Pure Love Yoga with Laura
Friday, September 24th 5:30pm Pure Love Yoga with Laura

Downtown

Monday, September 20th 6:15pm Gentle Yoga with Elsa

Evans Road

Sunday, September 26th 3:00pm Pranayama with Marilu (taught at end of class)

Hill Country Village

Friday, September 24th 10:00am Hip Openers with Kathy

Medical Center

Tuesday, September 21st 7:30pm Yoga on the Green with Christine

Prue

Monday, September 20th 4:30pm Hip Openers with Kathy
Wednesday, September 22nd 4:30pm Yoga for Athletes with Layla
Wednesday, September 22nd 7:30pm Pure Love Yoga with Laura

Rogers Ranch

Monday, September 20th 10:30am Back Care Basics with Susan
Tuesday, September 21st 6:30pm Upper Body Strength & Flexibility with Carl
Wednesday, September 22nd 9:30pm Pranayama with Marilu (taught at end of class)
Wednesday, September 22nd 10:40am The Breath of Yoga with Leslie
Friday, September 24th 10:30am Shoulder Openers with Susan

Tezel

Monday, September 20th 9:30am Heart Openers with Meditation with Cindy

Universal City

Monday, September 20th 12:00pm Yoga Mattitudes with Shelley

September is National Yoga Month

During this time, we encourage you to attend **ANY** yoga class and **ANY** location. All members are invited to bring a friend to experience Spectrum Clubs Yoga.

Please see Group Fitness Schedules for all regularly scheduled yoga classes.

Namaste.





September 2010 - Group Exercise Class Schedule Spectrum Club Rogers Ranch

SPECTRUM
ATHLETIC CLUBS

😊 : Fit Youth Classes

Monday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	Yoga	Lisa	2	
5:45-6:45	BODYPUMP™	Wendy	1	
5:45-6:30	Cycle	Layla	3	3,500+
8:30-9:30	Step Challenge + Abs	Lisa	1	4,000+
8:30-9:30	Cycle Challenge	Bonni	3	4,500+
9:15-10:15	Waterworks	Beth	Pool	
9:30-10:00	Kids in the Kitchen	KC	KC	
9:30-10:30	**Trek + Abs	Susan O	Pool View	4,000+
9:35-10:35	Yoga Power	Patricia	1	
10:30-11:30	Gentle Yoga	Susan O	2	
10:30-12:00	Family Swim Times	Parents	Lane 1	
10:45-11:45	BODYPUMP™	Shannon	1	
12:00-1:00	Boot Camp	Lisa	1	3,500+
2:00-5:30	Family Swim Times	Parents	Lane 1	
5:00-5:30	Pilates Express	Joslyn	1	
5:30-6:25	Cardio Groove 😊	Joslyn	1	4,500+
6:00-7:30	Ashtanga Yoga	Marilu	2	
6:30-7:30	Athletic Interval	Laurie	1	3,000+
6:30-7:15	Cycle	Didi	3	3,500+
7:30-8:00	Awesome Abs	Laurie	1	

Tuesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:30	Cycle	Shelley	3	3,500+
8:30-9:25	NIA	Charlotte	1	3,000+
8:30-9:30	Cycle Challenge	Didi	3	4,500+
9:15-10:15	Waterworks	Barbara	Pool	
9:30-10:30	Kickbox	Cynthia	1	3,500+
9:30-10:25	Pilates	Susan H	2	
10:30-11:25	Pilates Basic	Maya	2	
10:30-12:00	Family Swim Times	Parents	Lane 1	
11:30-12:30	Hatha Yoga	Leslie	2	
12:00-1:30	Zumba®	Maria	1	6,000+
12:00-1:00	Cycle + Abs	Layla	3	3,500+
2:00-5:30	Family Swim Times	Parents	Lane 1	
5:00-6:00	Athletic Interval	Kristy T	1	3,500+
5:30-6:15	Pilates	Kim	2	
5:30-6:00	Kids in the Kitchen	KC	KC	
6:05-7:05	Boot Camp	Kay/Dawn	1	3,500+
6:30-7:30	Yoga Flow	Carl	2	
6:30-7:30	Cycle	Genaline	3	3,500+
7:15-8:15	Zumba® 😊	Silvia	1	4,000+

Spectrum Club Rogers Ranch

408-9050

2711 Treble Creek

www.spectrumclubs.com/rogersranch

Wednesday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:45	BODYPUMP™	Lori	1	
5:45-6:30	Cycle	Shelley	3	3,000+
8:30-9:30	BODYPUMP™	Carmen	1	
9:15-10:15	Waterworks	Romero	Pool	
9:30-11:00	Ashtanga Yoga	Marilu	2	
9:30-10:30	**Trek + Abs	Beth A	Pool View	4,000+
9:35-10:35	Bootie Kick	Margie	1	3,500+
10:30-12:00	Family Swim Times	Parents	Lane 1	
10:40-11:40	Hatha Yoga	Leslie	2	
12:00-1:00	BODYPUMP™	Shannon	1	
2:00-5:30	Family Swim Times	Parents	Lane 1	
5:00-5:30	Pilates Express	Susan H	1	
5:30-6:25	Cardio Groove	Lauren	1	3,500+
6:15-7:00	Cycle	Kay	3	3,500+
6:30-7:30	BODYPUMP™	Kristy T	1	
6:30-7:30	Yoga Flow	Olga	2	
7:30-8:30	Zumba® 😊	Laura	1	4,000+

Thursday				
Time	Exercise Program	Instructor	Studio	Steps*
5:45-6:30	Cycle	Javier	3	3,500+
8:15-9:15	Cycle Challenge	Lisa	3	4,500+
8:30-9:25	NIA	Charlotte	1	3,000+
9:15-9:30	Awesome Abs	Lisa	3	
9:15-10:15	Waterworks	Ingrid	Pool	
9:30-10:30	Kickbox	Cynthia	1	4,000+
9:30-10:30	Pilates	Susan H	2	
10:35-11:35	BODYPUMP™	Susan H	1	
10:30-11:25	Stretch and Flex	Ingrid	2	
11:30-12:30	Yoga Power	Stephanie	2	
12:00-1:30	Zumba®	Wendy	1	6,000+
12:00-1:15	Cycle Challenge + Abs	Bonni	3	4,500+
2:00-5:00	Family Swim Times	Parents	Lane 1	
3:30-5:30	Kid Power!	Parents		
5:00-6:00	BODYPUMP™	Susan H	1	
6:00-7:00	Yoga Flow	Olga	2	
6:00-8:00	Family Swim Times	Parents	Lane 1	
6:05-7:10	Boot Camp	Tamra	1	3,500+
7:00-8:00	Brasilient	Gil	2	
7:15-8:15	Zumba® 😊	Melissa	1	4,500+

**This class requires headset.

Kids' Club Hours

Club Hours	M-Th	7:30 am - 9 pm
M-F	Fri	7:30 am - 7 pm
Sat & Sun	Sat	8 am - 5 pm
	Sun	10 am - 5 pm

In recognition of National Childhood Obesity Awareness Month, Spectrum Clubs has added more kids and family friendly programming during the month of September. These Fit Youth classes are denoted with the 😊 symbol.



SPECTRUM
ATHLETIC CLUBS

September 2010 - Group Exercise Class Schedule Spectrum Club Rogers Ranch

😊 : Fit Youth Classes

Friday				
Time	Exercise Program	Instructor	Studio	Steps*
5:30-6:30	BODYPUMP™	Lisa	1	
8:30-9:25	Cardio Groove	Joslyn	1	4,500+
8:30-9:30	**Trek + Abs	Beth A	Pool View	4,000+
8:30-9:30	Cycle Challenge	Bonni	3	4,000+
9:30-10:30	BODYPUMP™	Debbie	1	
9:30-10:30	Yoga Power	Mickie	2	
9:30-10:30	Waterworks	Beth A	Pool	
10:30-11:30	Gentle Yoga	Susan O	1	
10:30-11:30	Pilates	Mickie	2	
10:30-11:30	Family Swim Times	Parents	Lane 1	
12:00-1:00	Boot Camp	Lisa	1	3,500+
2:00-8:00	Family Swim Times	Parents	Lane 1	
5:30-6:30	BODYPUMP™	Susan	1	

Saturday				
Time	Exercise Program	Instructor	Studio	Steps*
7:00-8:00	Yoga	Layla	2	
8:15-9:30	Boot Camp	Margie	1	3,500+
8:30-9:30	Cycle Challenge	Genaline	3	4,500+
9:00-10:00	Cardio Groove	Wendy	1	3,500+
9:00-10:00	Hatha Yoga	Kathy/Laurie	2	
10:00-11:00	Cycle Challenge	Didi	3	4,500+
10:05-11:05	BODYPUMP™	Wendy	1	
10:05-11:00	Pilates	Susan H	2	
10:30-11:00	Kids in the Kitchen	KC	KC	
11:05-12:30	Yoga Power	Marilu	2	
11:30-12:30	Zumba® 😊	Laura	1	6,000+
12:00-6:00	Family Swim Times	Parents	Lane 1	
1:00-2:00	Brasilient	Gil	1	
1:00-3:00	Kid Power!	Parents		

Sunday				
Time	Exercise Program	Instructor	Studio	Steps*
10:00-11:00	NIA	Charlotte/Brenda	1	2,500+
10:30-11:30	Cycle Challenge	Beth/Jo	3	4,500+
11:05-12:05	Athletic Interval	Laurie	1	3,500+
12:00-2:45	Family Swim Times	Parents	Lane 1	
3:00-4:00	Waterworks	Rotation	Pool	
3:45-5:00	Hatha Yoga	Carl	2	
4:00-5:00	BODYPUMP™	Susan	1	
4:15-6:00	Family Swim Times	Parents	Lane 1	

Approximate number of attainable steps earned when wearing a GoZone in this class. The GoZone is a pedometer with a brain that tracks steps, distance and calories and is a key component to Spectrum's OnLine Fitness Tracker. Please ask a member of the staff about Spectrum's Free OnLine Fitness Tracker and how it will help you keep track of your fitness results and succeed in reaching your fitness goals. Steps may vary based on an individual's efforts.

Class Descriptions

- Ashtanga Yoga** Yoga class involving synchronized breath and specific progressive series of postures, for a purifying sweat.
- Athletic Interval** A cardio/strength combination class alternating intervals of strength with cardio athletic drills ...intense & challenging.
- Awesome Abs** Abdominal exercise class promoting strength, endurance and power of the abdominal and low back muscles.
- Belly Dance** This class will help enhance your flexibility, balance and also work with cardio. Start with a warm up stretch and move into isolated drills that will help strengthen your core muscles and lastly ending with shimmies and ab isolations.
- BODYPUMP™** Original 60-minute barbell class that strengthens your entire body that challenges all major muscle groups using weight-room exercises
- Boot Camp** Cardio conditioning class of drills with varying stations in interval format.
- Bootie Kick** A cardio/strength class alternating intervals of strength with kickboxing.
- Brasilient** Age old tradition meets interactive new age pinnacle. Using the beautiful art of Capoeiro and dance as a platform for a cardiovascular workout to maximize your potential through rhythm and movement.
- Cardio Groove** Cardio class utilizing dance styles such as salsa, Broadway, etc.
- Cycle** A 45 minute Cardiovascular class on stationary bikes.
- Cycle Challenge** This high-intensity 1 hr. cycle class will push your aerobic endurance, build strength, increase speed and power and bring on the challenge!
- Family Swim Times** Pool time for youth accompanied by a parent. No lifeguard on duty.
- Fletcher Pilates® Towel Work** Brings strength balance and stabilization to the entire body, focusing on core strength, shoulder stabilization and postural alignment.
- Gentle Yoga** This class focuses on the softer side of yoga, teaching classic Hatha yoga postures and breathing techniques with the aid of props.
- Hatha Yoga** Hatha yoga is the most widely practiced form of yoga in the USA. In addition to using breathing techniques and meditation. Hatha utilizes physical postures to bring about flexibility, balance and strength in the body with the goal of bringing about a healthy body and peaceful mind.
- Kickbox** Cardio conditioning class simulating basic kickboxing.
- Kid Power!** Time established for youth and parents to exercise together in specified areas of the club. Ages 8-15.
- Kids in the Kitchen** Workshop about healthy nutrition while creating fun and tasty snacks.
- NIA** Class blending the martial arts, dance arts and healing arts.
- Pilates** Class of exercises that emphasize body alignment to increase core strength, flexibility, balance and internal power. Basic is beginner.
- Step Challenge** Cardio step class that may incorporate varying formats of step movement, step power or multiple step.
- Stretch and Flex** Active flexibility class using various stretching techniques; all levels.
- **Trek** Cardio interval class of walk/run programs on the treadmill.
**This class requires headset.
- Waterworks** Cardio class in pool using water resistance for a total body workout.
- Yoga** Breathing techniques with classic postures for flexibility, balance, strength and a peaceful mind. Great class for beginners.
- Yoga Flow** Hatha yoga postures flow in carefully balanced sequences. The breath leads the way.
- Yoga Power** A rigorous form of Hatha yoga. This class incorporates internal strength conditioning and flexibility in a flow series of advanced yoga postures.
- Zumba®** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

* All classes may be modified to accommodate specific needs, limitations or fitness level.