



THE SPORTS CLUB / LA CLUB HAPPENINGS

MAR 2010



CLUB NOTES



THE SPORTS CLUB/LA
BEVERLY HILLS
NOW ON FACEBOOK

SPRING MEMBER REFERRAL

Dates: March

Enhance your Club experience by sharing the Club with friends and family! This month, receive one Complimentary Month of membership for each friend you refer to join before March 31, 2010.

Information: Speak to your Membership Director for more information.

WHEN YOU LOSE, YOU WIN!

Congratulations to Katie Vaughan! Katie lost over 12 lbs. in less than four weeks. Katie, congratulations and enjoy your \$500 SC/LA Gift Card!



FITNESS

TRX SUSPENSION TRAINING® COMPLIMENTARY DEMO - PAUL FRESCHI

DATE: NOW

What is TRX Suspension Training? TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity of your choice. The versatility of the TRX Suspension Trainer allows for hundreds of functional exercises to be combined to create unique and challenging training programs that meet the performance enhancement goals of athletes of all levels. The mechanics of Suspension Training are based upon three planes of motion, muscles work together in groups to safely build strength, balance, flexibility and core stability. Try it today!

Information: See the Fitness Concierge to experience TRX Suspension Training

FIT TIP: INTERVAL TRAINING • PRIVATE TRAINER JONATHAN RUDE

Interval Training can help you break plateaus. If you have been doing the treadmill or Precor over and over again, switch it up. Try some boxing moves or some football drill exercises and you will be amazed on how your body responds to the new challenge.

TRAINER SPOTLIGHT: JONATHAN RUDE

Jonathan received his B.S. from Georgetown University. He is certified through the National Academy of Sports Medicine and has also completed the TRX training course. His background includes competitive boxing and he played football at the NFL level, which has helped him to shape his training philosophy that focuses on balance and functionality.

Information: See the Fitness Concierge to schedule a complimentary consultation with Jonathan

TRAINER SPOTLIGHT: GERARD KARSENTY

Learn the best workout technique for tennis players and tri-athletes. Regardless of your tennis level, you can improve dramatically on your performance by adding different planes of motion exercises to your current workout regime. If you are a tri-athlete, find what are the best heart rate ranges you need to workout in based on your current cardiovascular fitness level. Improve endurance for your next event, a TargetZone assessment is the most valuable tool you will have to get started.

Information: See the Fitness Concierge to schedule a complimentary consultation with Gerard

TRAINER SPOTLIGHT: ADVANTAGE TRAINER TATE MALOY

Tate holds a Bachelor's Degree in Physical Education with an emphasis in Exercise Physiology. He is also certified through the National Academy of Sports Medicine, Exercise Science and Functional Movement Screening. Tate is the right trainer to assist you reaching levels you never thought possible. His scientific approach to fitness will assist you improving your performance at almost any sport.

Information: See the Fitness Concierge to schedule your complimentary consultation with Tate

PRIVATE COMPLIMENTARY PILATES CONSULTATIONS WITH ALISON CRAWFORD

DATE: NOW

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Pilates is one of the most popular exercise systems in the country. It seems like everyone is either doing Pilates, or interested in starting a Pilates exercise program. One of the best things about the Pilates method is that it works well for everyone - athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who at various stages of physical rehabilitation. Feel stronger, longer, leaner, and more able to do anything with grace and ease.

Information: See the Fitness Concierge to schedule a complimentary consultation with Tate

**GROUP EXERCISE****RAISE THE BARRE**

DATE: SATURDAY, MARCH 20TH • 1:00PM

Lift your body... Strike your pose... to a better sculpted you... Beat the boredom of traditional mat workouts with a class that tones that tush, chisels those abs, melts the fat and carves out those sexy curves by combining the fluidity of ballet barre movements, shaping thru dynamic stretching techniques with precise muscle sculpting conditioning all at a high energy dance pace to body slamming musical beats for the ultimate body transformation. This class will challenge your body with an exhilarating non-impact workout that will allow you to sculpt your physique through a unique blend of the best fitness techniques from ballet, Pilates and light weight training disciplines enveloped in the artistic joy of graceful rhythmic movement and music. It awakens your muscles without impacting your joints.

Information: See the Fitness Concierge



SPLASH SPA

NEW! MANICURES & PEDICURES NOW OFFERED AT SPLASH SPA

We are proud to introduce Cecily Carrington, nail specialist to the stars, who will provide you with a customized manicure and pedicure. Services include The Fountain of Youth Manicure, On-the-Go Mani/Pedi and Splash Sports Pedicure. Cecily has been featured in such fashion magazines as Vogue, InStyle, Angeleno, Vanity Fair and Essence Magazine. She has worked with celebrities such as Halle Barry, Gwyneth Paltrow, Pamela Anderson and Johnny Depp and esteemed photographers such as Herb Ritts, Annie Leibovitz and David LaChapelle. Cecily has been a nail specialist for 25 year!

Information: For a limited time, we are offering Martinis and Manicures for a preferred rate of \$20 for our On-the-Go Mani! Call or visit Splash Spa

EXTEND YOUR WEEKEND

DATE: MARCH

Treat yourself to some pampering beyond the weekend! Take 20% off any 50 min massage Monday through Wednesday.

Information: Call or visit Splash Spa

THE POWER OF BODYWORK

Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it (a luxurious treatment, stress relief, pain management) massage therapy is a powerful ally in your healthcare regimen.

- Alleviate low-back pain and improve range of motion
- Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays
- Enhance immunity by stimulating lymph flow, the body's natural defense system
- Exercise and stretch weak, tight or atrophied muscles
- Help athletes of any level prepare for, and recover from, strenuous workouts
- Improve the condition of the body's largest organ - the skin
- Increase joint flexibility
- Lessen depression and anxiety
- Promote tissue regeneration, reducing scar tissue and stretch marks
- Pump oxygen and nutrients into tissues and vital organs, improving circulation
- Reduce post surgery adhesions and swelling
- Reduce spasms and cramping
- Relax and soften injured, tired and overused muscles.
- Release endorphins -amino acids that work as the body's natural painkiller

SUNLESS MONDAY'S GOLDEN GLOW

DATE: MARCH

In a city of sun, surf and golden tans you don't want to be left out! Every Monday in March, enjoy a customized spray tan with our all natural solution for \$35 and have a golden glow all year (original price \$65)!

Information: Call or visit Splash Spa

FACIAL SPOTLIGHT: ARCONA MINI WINTER FACIAL

DATE: SATURDAY, MARCH 27TH • 9 TO 11:00AM

Is your skin dry and chapped from the winter weather? Arcona's raspberry peel and hydrating wine mask are the perfect combination to repair, refresh and refine the skin!

Information: Call or visit Splash Spa

THERAPIST SPOTLIGHT: JODE EDWARDS

Jode graduated from the Institute of Psycho Structural Balance and Massage in Santa Monica. Her modalities include Swedish, Deep Tissue, structural bodywork, Aromatherapy and Hot Stone. Jode's massage style focuses on energy and intention, bringing deep relaxation to her clients.

Information: Experience Jode on Wednesday and Friday, from 3 to 8:00pm, Saturday, 11 to 5:00pm, and Sunday, 10:00am to 5:00pm. Call or visit Splash Spa

**OLIVER café | lounge****LAKERS GAMES**

DATE: MARCH

We love the Lakers here at The Sports Club/LA! Enjoy our Happy Hour Menus while watching the World Champion Lakers at OLIVER café | lounge.

Information: Please visit OLIVER café | lounge

MARCH MADNESS

The Madness is coming! From the 1st round to the Final Four, OLIVER is the place to be to enjoy all of the NCAA Basketball Tourney. Please watch for upcoming food and drink specials and enjoy as the best college teams all over the country battle it out!

Information: Please visit OLIVER café | lounge

**THE SHOP****VIBRAM FIVE FINGERS AT THE SHOP BY PETE'S SPORTSWEAR**

The most talked about new brand of athletic shoes is Vibram Five Fingers. "Barefoot" running with minimalist footwear is an up and coming trend and this is the brand most preferred by these running enthusiasts.

Information: Visit The Shop by Pete's Sportswear for a proper fitting and for a great selection of Vibram Five Fingers