



# THE SPORTS CLUB / LA CLUB HAPPENINGS

AUGUST 2010



THE SPORTS CLUB/LA  
BEVERLY HILLS



## GROUP EXERCISE

### INDO-ROW BOOT CAMP • ETHAN WILDENBORG

DATE: WEDNESDAYS • 7 TO 8:00PM

Lose the drill sergeant (cammo and yelling won't lift your butt) and instead get down with a rock solid circuit workout designed by Indo-Row creator Josh Crosby. This hugely effective 50 minute class marries cardio and strength exercise with targeted sculpting using mats, weight bars and the Indo-Row Machine; a water-based rower that increases resistance for intense, authentic, fat burning magic. Top it off with recovery stretching and leave feeling exhilarated...not obliterated.

Information: See the Fitness Concierge

### BALLET BOOT CAMP

**JAMIE HODES** • DATE: TUESDAYS • 9:30 TO 10:30AM

**SARAH MCKAY** • DATE: THURSDAYS • 9:30 TO 10:30AM

This class is all the rage! Experience intense muscle toning in this boot camp that is based on traditional ballet drills. You will use a variety of tools including magic circles, weights and gliders in this exciting class. Achieve long lean muscles and improve your posture.

Information: See the Fitness Concierge



## FITNESS

### I LOVE PRIVATE TRAINING

DATE: NOW

Current Clients, complete 24 or more Private Training sessions before August 31st, and receive double your rewards points!

Information: See the Fitness Concierge

### "FIT IN" FITNESS – SIZZLE THIS SUMMER

DATE: NOW

We are pleased to offer new clients and students (student id required) an amazing opportunity to train with one of LA's best private trainers.

24 pack • receive 3 Complimentary Sessions

12 pack • receive 1 Complimentary Session

6 pack • receive a \$50 SC/LA Gift Card

Information: See the Fitness Concierge

**FIT TIP • KNOW YOUR TARGETZONE**

DATE: AUGUST

Make better use of your training time by training smarter not harder! TargetZone pinpoints the precise heart rate zone in which you burn the most fat. Sarah Laks and Sarah Nikolovska will be doing complimentary TargetZone demonstrations by appointment during the month of August.

Information: See the Fitness Concierge

**GYROTONIC® DEMONSTRATIONS • AMANDA COMITO**

DATE: WEDNESDAY, AUGUST 4TH • 8:00 TO 11:00AM • DOWNSTAIRS NEXT TO SPLASH

GYROTONIC methodology allows users to stretch and strengthen muscles, while simultaneously stimulating and strengthening connective tissue in and around the joints of the body. These exercises are synchronized with corresponding breathing patterns, thus enhancing aerobic and cardiovascular stimulation and promoting neuro-muscular rejuvenation. Exercises are performed on the Professional Pulley Tower, and the system is fully adjustable and can meet the needs of many people with varying body types and levels of strength. The even and constant resistance in the handle unit and pulley tower, through the triple reduction in the pulleys, completely eliminates the jarring that takes place at the beginning and end of exercises performed on conventional exercise equipment, when many injuries occur. The circular, spiraling and undulating movements that characterize the GYROTONIC EXPANSION SYSTEM® help to increase the functional capacity of the spine, contributing to a spherical and three-dimensional awareness, resulting in increased equilibrium.

Information: Call the Fitness Concierge or contact Amanda at [amandacomito@thesportsclub.com](mailto:amandacomito@thesportsclub.com)**PILATES DEMONSTRATIONS • CHRISTINE COLLINS**

DATE: FRIDAY, AUGUST 6TH, AND FRIDAY, AUGUST 13TH • 9 TO 11AM • DOWNSTAIRS NEXT TO SPLASH

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 doing Pilates! One of the best things about the Pilates method is that it works for a wide range of people – athletes, dancers, seniors, women rebounding from pregnancy, and people in various stages of physical rehabilitation. Become stronger, longer, leaner and be able to perform most anything with more grace and ease.

Information: See the Fitness Concierge or contact [christinecollins@thesportsclub.com](mailto:christinecollins@thesportsclub.com)**LOSE WEIGHT AND FEEL BETTER ON SUNDAYS • MARIA ROGERS**

DATE: AUGUST

If Sundays are the only times you can make it to the Club, make sure you are making the most of your visit by working out with Maria. She will keep you focused on executing each exercise correctly, while planning the proper sequence to yield quick and long lasting results.

Information: Call the Fitness Concierge or contact Maria at [mariarogers@thesportsclub.com](mailto:mariarogers@thesportsclub.com)**SPLASH SPA****THERAPIST SPOTLIGHT • DONNA GROVES**

DATE: AUGUST

We are honored to have Donna at Splash. Donna has trained at the legendary Swedish Institute in New York City and has over 17 years of experience as a licensed massage therapist. She has worked in 5-star hotels in New York and Los Angeles and specializes in Deep Tissue, Sports and Swedish massage. Donna also performs organic spray tans, which can give your

skin a healthy bronze glow without the harmful effects of the sun. The spray tan is odorless, and can be custom blended to your skin tone. Arrange an appointment with Donna on Wednesdays, 3 to 8pm, Fridays, 3 to 8pm and on Saturdays, 11 to 5pm. Book an Alpha Beta Body Peel and Customized Spray tan for \$110 (savings of \$60)!  
Information: Please call or visit Splash Spa

#### STAYCATION AT SPLASH SPA!

DATE: AUGUST

Book an 80-min. Signature Facial or Massage and enjoy a healthy delicious meal from OLIVER café | lounge, on us! Entrée only, beverage is not included.  
Information: Please call or visit Splash Spa

#### SUMMER BIKINI BODIES

DATE: AUGUST

Have the perfect bikini body with the help of Endermology, the lipo-massage! Purchase a series of 5 or 10 Endermology sessions and receive one session complimentary.  
Information: Please call or visit Splash Spa

#### SUMMER SALE!

DATE: AUGUST

Enjoy 30 to 60% off selected merchandise. Hurry in, as these products will fly off our shelves.  
Information: Please call or visit Splash Spa



#### THE SHOP

#### VIBRAM FIVE FINGER SHOES

DATE: NOW

Other stores can't keep them in stock, but we have them! Come check out our new Vibram Five Finger shoes in several new styles: Treksport for Men and Women, the KSO in Red and Bikila in new colors. Also, new colors in the Sprint and Classic. Check out the models specifically designed for running, yoga, fitness training and water sports.  
Information: Visit The Shop



#### THE GOLF ACADEMY

#### EXPERIENCE THE BEST IN GOLF INSTRUCTION

DATE: NOW

If you haven't had an opportunity, we invite you to check out The Golf Academy by The Sports Club/LA – a new hi-tech golf learning and training center. After years in the conceptual stages, The Golf Academy is the blueprint for all golf instruction facilities of the future. This 6,000 square foot complex, located just behind The Sports Club/LA in West Los Angeles at 1815 Pontius Avenue, is a world-class facility featuring six cutting edge golf swing studios, a 600 square foot putting green and two putting studios, the finest golf specific fitness programs in the world and the latest state-of-the-art club fitting technology. Improving your complete golf game is our goal. We will make you a better player; that is our promise. The Golf Academy by The Sports Club/LA is pleased to announce that the readers of Southland Golf Magazine have voted The Golf Academy as one of the best practice facilities in Southern California! Additionally, our Director of Instruction, Bob Grissett has been honored as the Best Golf Instructor in Southern California!  
Information: Call or visit The Golf Academy at 800.891.3090

**PGA CHAMPIONSHIP SPECIAL**

DATE: AUGUST

In honor of this year's 4th major, The Golf Academy is offering an introductory special. For \$199 you receive a Basic Swing Evaluation (1-1/2 hours/includes TPI Screen): it also includes a ½ hour lesson and 2 practice sessions. This is a great way to be introduced to The Golf Academy and serves as the perfect gift for that special golfer. This offer will be good throughout August.

Information: Call or visit The Golf Academy at 800.891.3090