



THE SPORTS CLUB / LA CLUB HAPPENINGS

AUGUST 2010



THE SPORTS CLUB/LA
LOS ANGELES



GROUP EXERCISE

YOGA WITH MUSIC • TERRA GOLD

DATE: SUNDAY, AUGUST 8TH • 5 TO 6:15PM

Enjoy a delightful musical background as Terra Gold guides you through one of her popular yoga classes. All levels welcome!

Information: See the Fitness Concierge

DETOX & DESTRESS FOR SUCCESS WORKSHOP

DATE: SUNDAY, AUGUST 8TH • 2 TO 4PM • DIANE HUDOCK

Explore the essence of breath through techniques of pranayama ~ life force control for a steady mind. The breath is like an electric wire and the prana is like the electricity that runs within that wire. When our breath is aligned, our postures will reflect that radiance. Through the practice of asana, techniques of spinal breathing, and guided meditation we will open the gates to deep relaxation. This workshop will feature a live musical guest. All levels are welcome.

Information: See the Fitness Concierge

HOOP FLOW ON THE SUNDECK

DATE: WEDNESDAY, AUGUST 11TH • 6 TO 7PM • SARAH LOVERING

Increase your strength and discover an energizing creative outlet in this hoop dance class taking place outdoors, on the SCLA Sundeck. This class incorporates core strengthening, yoga, and dance in an athletic and creative approach to hula hoop-ing. Class participants are encouraged to wear clothing that is not baggy or loose fitting.

Hoops will be provided.

Information: See the Fitness Concierge

YOGA FOR A HEALTHY SPINE

DATE: SUNDAY, AUGUST 22ND • 2 TO 4PM • TULSI LAHER

Bring freedom to your spine. Develop an awareness of stress points in the body and use a variety of poses to relieve tension. In this workshop, practice poses that decompress as well as strengthen the spine, bringing a wonderful sense of release and revitalization. All levels welcome.

Information: See the Fitness Concierge

NEW CLASS TIME • RESTORATIVE YOGA

DATE: FRIDAYS • 7:30 TO 8:45PM • GARTH MCCLEAN

Enjoy bringing tranquility to the mind and body with restorative poses. This healing practice is designed to bring you to a safe, calm place.

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

GROUP PILATES REFORMER CLASS • SHEETAL GANDHI

DATE: SUNDAY, AUGUST 22ND • 11AM TO 12:15PM AND MONDAY, AUGUST 30TH • 8 TO 9:15PM • BODYART PILATES STUDIO

Experience the benefits of working on Pilates equipment in a group atmosphere. Sheetal has over 15 years of experience teaching Pilates and is one of the Club's most popular Bollywood Instructors. Sign up today to reserve your spot. Only five spots are available. A minimum of three participants is required. Register for \$40.

Information: See the Fitness Concierge

IMPROVE YOUR POSTURE AND CHANGE YOUR BODY COMPOSITION • CAMERON JAPPE

DATE: NOW

Would you like to have more energy, stronger muscle tone and a tighter, more attractive tummy? Perhaps poor posture could be keeping you from achieving your fitness goals? Having, maintaining, or achieving a beach-ready body has a lot to do with your alignment. Cameron Jappe, certified Gyrotonic and Pilates instructor, is ready to show you some amazing, fun, and precise moves that will help shift your body composition and therefore help you get the results you crave.

Information: See the Fitness Concierge and arrange your complimentary consultation

FIT TIP • JEREMY B. MANNING

Don't wait for motivation. Make it happened! By creating a measurable plan you can develop momentum that will quickly snowball into something that may have seemed overwhelming at first. By making a list of your goals and breaking them down into smaller tasks, you can focus your energy, develop confidence and attain a sense of accomplishment. Jeremy is a US Army Veteran, two-time International Bronze Medalist in Tae Kwon Do, Certified Personal Trainer, Corrective Exercise Specialist, and Performance Enhancement Specialist. Jeremy practices circuit style personal training using martial arts and self-defense techniques to burn fat, build lean muscle, sculpt and strengthen the core, and improve flexibility.

Information: See the Fitness Concierge and arrange your complimentary demo with Jeremy

BOXING • ADVANTAGE TRAINER TOM DAILEY

DATE: NOW

It's no secret that Boxing is one of the most fun and effective ways to lose body fat, tone your muscles and get in great shape. ADVANTAGE Trainer and Wellness Coach Tom Dailey will take you through a Boxing workout experience that will leave you feeling fit and powerful.

Information: See the Fitness Concierge

NUTRITION TIP • AVIVA POURMORADY

We are in the middle of summer, which means grilling season is upon us! Grilling can be a great, healthy alternative if you know what to cook and what to skip. Instead of consuming tons of calories, fat, and carbs, you can choose healthy low-fat, low-carb options while still enjoying the fun of grilling outdoors with family and friends. Aviva has her Master's in Nutritional Science and she is a master of inspiration and motivation through her expertise and knowledge of food and nutrition. She has helped many with a common-sense approach to healthy eating by educating individuals through public speaking, events, and recipe and menu writing. Aviva assists each individual with a tailored nutritional plan to achieve their optimal goal with enduring results.

Information: See the Fitness Concierge

**SPLASH SPA****KEEP YOUR SKIN HYDRATED THIS SUMMER WITH THE OXYGEN FACIAL!**

DATE: NOW

This revolutionary anti-aging treatment infuses moisture, vitamins and anti-oxidants in the skin via cooling topical hyperbaric oxygen, leaving the skin luminous and noticeably hydrated for at least a week! Celebrities like Madonna, Naomi Campbell, Justin Timberlake, Kate Perry and Fergie count on the oxygen facial to keep their skin in top form. Purchase a series of 5 Oxygen Facials for \$975 and get a 6th service complimentary (value of \$195).

Information: Call or visit the Splash Spa

LIPO-MASSAGE • NEW TO SPLASH!

DATE: NOW

LIPO-MASSAGE by Endermologie® is the latest generation of Endermologie® treatments dedicated to reducing localized fat, cellulite and contours. Perfect for women looking to regain their figure after pregnancy, going through menopause, but don't want to undergo the hormonal changes that thicken the waist, back, and arms, or post plastic surgery. Men can also use this for the treatment of love handles, ab sculpting, or treatment of stubborn fat. Purchase a series of 5 Lipo Massage sessions for \$600 and a 6th service for free (a value of \$100.)

Information: Call or visit the Splash Spa

POWER BALANCE WRISTBANDS

Power Balance is Performance Technology designed to work with your body's natural energy field. Founded by athletes, Power Balance is a favorite among elite athletes for whom balance, strength and flexibility are important. Power Balance is based on the idea of optimizing the body's natural energy flow, similar to concepts behind many Eastern philosophies. The hologram in Power Balance is designed to resonate with and respond to the natural energy field of the body.

Information: Visit Splash Spa

BYCARINA PERFUMES CREATED BY LANATURA

DATE: SATURDAY, AUGUST 21ST • 10:00 TO 12:30PM

Feel fresh, flirty and phenomenal! Join us on August 21st, for the Launch Event of ByCarina Perfumes. Enjoy a gift with any purchase of ByCarina Perfumes.

Information: Visit Splash Spa

RECOVER FASTER – SO YOU CAN TRAIN HARDER

DATE: NOW

Incorporating a regular, deep tissue or sports massage into your lifestyle will reduce 2nd day soreness after working out, relieve stress and prevent injuries.

Information: Visit Splash Spa

RETAIL SUMMER SAVINGS

DATE: NOW

Enjoy 30 to 50% off selected merchandise! We have limited inventory, so stop by Splash today.

Information: Visit Splash Spa

**THE SHOP****ANNUAL SPRING/SUMMER MERCHANDISE SALE**

DATE: STARTING WEDNESDAY, AUGUST 4TH

Enjoy 40% off select items!

Information: Visit 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 Club 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



CAR WASH

CAR WASH

DATE: NOW

100% Hand Car Wash is now available at the Club. While you are in the Club, let us beautify your car! We are located on the first floor in the parking structure. Enjoy complimentary parking with any car wash.

Information: Please visit the Club for more information



MICHAELJOHN

A LOOK GREAT...FEEL GOOD OFFER

DATE: NOW

We invite Members to enjoy a luxury blowout for just \$35 any Tuesday or Wednesday. Visit Michaeljohn, your salon at the Club, and be pampered in style. This opportunity expires on September 30, 2010.

Information: Call Michaeljohn at 310.444.7969