



# THE SPORTS CLUB / LA CLUB HAPPENINGS

MAR 2010



## CLUB NOTES



THE SPORTS CLUB/LA  
LOS ANGELES  
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

### **NEW AND IMPROVED SUNDECK**

DATE: FEBRUARY – EARLY SPRING

The renovations are underway! Look for the SC/LA Sundeck to be open soon!

### **WHEN YOU LOSE, YOU WIN!**

Congratulations to Marilyn Weinger! Marilyn reduced her body fat by over 7%. Amazing results in less than six weeks. Marilyn, congratulations and enjoy your \$500 SC/LA Gift Card!



## FITNESS

### **SWIMMING 101: INTRO TO SWIMMING**

DATE: FIRST SATURDAY OF EVERY MONTH, STARTING MARCH 6TH • 10:30 TO 11:30AM

Our two Sports Pros will be taking the time to talk, demonstrate and help you with the basic fundamentals of swimming. Coach Dan, our Masters Coach, and Megan Armstrong will be taking the time to help all of you become better swimmers by understanding basic technique. Listen, observe or participate and become more comfortable in the water.

Information: See the Fitness Concierge

### **FIT TIP: KETTLEBELL TRAINING • DAVID SALZBERG**

Kettle bells are quickly becoming a mainstream tool for athletic development. Kettle bell training uses a series of swift movements to work the entire body as a synergistic whole, providing serious strength training and cardiovascular training simultaneously.

#### **DOUBLE ARM SWINGS**

Place one Kettle bell between your feet. Begin from a lowered squat position with your back flat. Swing the Kettle bell between your legs and then reverse the direction, driving through with your hips explosively, taking the Kettle bell straight up in the air. Let the Kettle bell swing back between your legs and repeat. For muscular endurance, use lighter kettle bells and complete three sets of 15 to 20 repetitions, with a 30 second rest between sets. For strength and power use heavier bells with three sets of 8 to 10 repetitions while resting 90 seconds between sets.

**TRAINER SPOTLIGHT: DAVID SALZBERG**

David is an ACE Certified Lifestyle and Weight Management Consultant and Personal Trainer. His training interests include kettle bell training, martial arts conditioning, sports-specific conditioning, functional strength training, weight management, and general fitness. He has trained everyone from CEO's to celebrities and has been featured in Philadelphia Style Magazine, Bucks Magazine, Phlare Magazine, and Maximum Fitness. In 2009, Philadelphia Magazine chose him as Best Trainer (Bucks County).

Information: See the Fitness Concierge

**NEW YEAR EVOLUTION PROGRAM: REINVENT YOURSELF**

DATE: MARCH

The New Year has arrived and it is not too late to start something new! The New Year Evolution Program is a program developed to help you "reinvent yourself". It's designed to help you explore the Club, explore movement and explore your own unique potential by challenging your mind and body.

**3-MONTH PROGRAM**

- Work 1x or 2x per week with a private trainer. Choose a different focus of training each week to keep switching your routine up and challenging your body. From Weight training to Kettle bells for the body to Pilates or Gyrotonic® for the mind! Even try a Swim or Boxing session to mix your cardio up! Variety is the spice of life and the key to keeping you motivated to reach your goals!
- 90 minute Comprehensive Initial Nutrition Consultation to create an eating strategy that works with your life and sets you up for success plus 2 follow up sessions to track your progress. Complimentary Healthy Food Diary.
- 80 minute Wellness Vision and Launch with Wellness coach. Together you and your coach will collaborate to develop your personal wellness vision and well as find effective ways to accomplish weekly goals. This will ensure your momentum towards your highest level of wellness.

Information: See the Fitness Concierge

**SPORTS SPECIFIC TRAINING WITH BECKY SCHALLER**

Becky Schaller has her B.S. in Exercise Science and is a former competitive athlete, finishing her collegiate career as a stand out Division 1 Field Hockey Player. She has experience in training athletes at all levels, working at the youth, high school, and collegiate levels, as well as training Olympian Michael Phelps, NFL developmental athletes and current Professional Players.

**GROUP EXERCISE****ROSE DANCE: FEEL LIKE THE WOMAN YOU'VE ALWAYS WANTED TO BE**

DATE: SATURDAY, MARCH 13TH \* 2 TO 3:00PM • STUDIO 1

Rose-Dance originates from an Ancient Eastern Art of nurturing your innate sensuality, well-being, confidence, and charisma that come from deep connection to your own body and feelings. It transforms the body to become more toned, supple, elastic and elegant. You will move in sensual, passionate yet meditatively fluid ways, with special attention to the pelvic, sacral, and heart regions. You will receive individualized attention and precise cueing, and be inspired into motion by unique musical pieces of traditional instruments from oriental cultures, each instrument carefully selected to vibrate in resonance with specific parts of the body.

Wear a sarong for extra fun and flair!

Information: See the Fitness Concierge

**BOLLYWOOD BURN**

DATE: SATURDAY, MARCH 20TH • 2 TO 3:00PM • STUDIO 1

The Bollywood fitness craze is sweeping the country and it's time for LA to get in on this exciting new dance workout. Be motivated by the upbeat music and our dynamic duo teaching style. The class is a full body strength workout as well as heart pumping cardio blast. Men and women of all fitness levels and ages will leave sweaty and smiling. Bollywood Burn includes a yoga style warm up, bhangra cardio blast, strength training with classical Indian inspired movements, traditional Indian folk dance cardio and a cool down and stretch.

Information: See the Fitness Concierge

**NEW YOGA CLASSES ON THE WEEKENDS**

DATE: BEGINNING MARCH 1ST

Saturdays • 4 to 5:15pm • Yoga 2 with Mark Devenpek

Sundays • 12 to 1:15pm • Yoga 2-3 with Brock Cahill

**NEW CLASS! LEAN OUT WITH CHRISTINE KHURI**

DATE: FRIDAYS • 10:15 TO 11:15AM

Develop a lean, strong physique through core conditioning, stretching and other body sculpting techniques. You'll use lightweights, bands and your own body weight to achieve maximum results. All levels welcome, shoes optional.

Information: See the Fitness Concierge

**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

**HEAL & CONSERVE: MONDAY & WEDNESDAY**

DATE: MARCH • 10AM TO 3PM

Gift your body and your wallet by enjoying any 50 or 80 minute Facial, Body Treatment or Massage on Mondays or Wednesdays during the month of March and receive 15% off your service. Upgrade your treatment and receive 20% off.

Information: Visit Splash Spa

**RELAX & WAX**

DATE: MARCH

Did you know that your Splash Spa estheticians are some of the most highly skilled and

talented eyebrow design artists in the area? It gets even better! Receive a complimentary customized eyebrow tint with any eyebrow wax or complimentary eyebrow design with any facial (excluding treatment's that include chemical exfoliation).  
Information: Visit Splash Spa

### **FACIAL SPOTLIGHT: EPICUREN GLOW & GO**

DATE: MARCH

When you want to look your absolute best, Epicuren Glow & Go will immediately give your skin a more youthful vibrant appearance. The stimulating Epicuren Enzyme Peel deeply exfoliates and resurfaces your skin while boosting cell metabolism and regeneration. The two-step tightening mask will leave your face visibly lifted and glowing, ready for any special occasion. Enjoy 15% off this treatment this month!

Information: Visit Splash Spa

### **THERAPIST SPOTLIGHT: MAKAYLA LEON**

Makayla is a graduate from Southwest Institute of Healing Arts in Arizona. In her 10 years of practice she has provided outstanding treatments in a broad range of settings including chiropractic, day spas, entertainment venues and sports events. Her specialties include Deep Tissue, Sculpting, Reflexology, Cranial Sacral, Pregnancy and Hot Stone.

Information: Experience Makayla on Tuesday, Wednesday, Friday, Saturday and Sunday, from 11:00am to 3:00pm



### **FOR KIDS ONLY**

**GREAT FAMILY DAY CLASSES!** Family Day Hours are every Sunday • 11 to 2:00pm

First and third Sunday • Yoga at 12:00pm

Second and fourth Sunday • Hip Hop at 12:00pm

Every Sunday- Creative Movement at 1:00pm

Information: Contact For Kids Only



### **OLIVER café | lounge**

### **COCKTAIL SPECIAL**

DATE: MARCH

Taste the Spirit of Brazil at OLIVER café | lounge. Enjoy our two for one special featuring the Brazilian Rum Cabana Cachaca. Enjoy the Ultimate Caipirinha, Cabana Samba and Brazilian Wax all \$3 and two for one!

Information: Stop by or call Robert Madero at 310.914.7533



### **THE SHOP**

### **VIBRAM FIVE FINGERS**

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