



# THE SPORTS CLUB / LA CLUB HAPPENINGS

AUGUST 2010



THE SPORTS CLUB/LA  
ORANGE COUNTY



## CLUB NOTES

### IN THE HEIGHTS • EXCLUSIVE GROUP EXERCISE CLASS

DATE: FRIDAY, AUGUST 6TH • 1:00PM

Don't miss this one! We are excited to offer you a special Zumba class taught by company members from Broadway's smash hit musical, *IN THE HEIGHTS*! This musical, at the *Orange County Performing Arts Center* from August 3rd through the 15th, is one of the most highly anticipated shows of the year and we are happy to bring a piece of it to you at The Sports Club/LA. RSVP is required. Enjoy!

Information: RSVP by calling 949.975.8400

### GUEST BARTENDER • GREER WYLDER OF GREER'S OC

DATE: WEDNESDAY, AUGUST 11TH • 6 TO 9:00PM

Greer Wylder, of Greer's OC, jumps behind the bar at OLIVER café | lounge. Greer's OC is the website known to always be ahead of the trends in fashion and dining. Now is your chance to meet the tastemaker behind this popular site! Proceeds benefit the Juvenile Diabetes Research Foundation.

Information: Call OLIVER café | lounge for details 949.251.6361

### GUEST BARTENDER AT POOLSIDE PARTY • FIRE CAPTAIN TOD HIPsher

DATE: SATURDAY, AUGUST 28TH • 12 TO 5:00PM

Our *SUMMER POOLSIDE PARTY* meets our *Guest Bartender Series*! Our very own member, Fire Captain Tod Hipsher with the LA County Fire Department. This *Guest Bartender Event* will benefit the families of the fallen firefighters from the recent LA County Fires.

Information: Call OLIVER café | lounge for details 949.251.6361



## GROUP EXERCISE

### INTRO TO REV • CHANDLER CALDWELL

DATE: TUESDAY, AUGUST 3RD • 5:30 TO 6:30PM

Learn REV indoor group cycling basics with Chandler Caldwell. In this class, learn the proper way to set-up your bike, enjoy complimentary water and a DVD that allows you to see the road ahead! This fun class is your first step towards becoming a REV expert.

Information: See the Fitness Concierge

**CLUB HIKE • TOP OF RIDGE PARK**

DATE: SATURDAY, AUGUST 14TH • 3 TO 5:00PM

Take advantage of the beautiful Southern California weather and join us on our monthly Club Hike with Norma Shechtman and Michelle Konemann. This month we will be exploring Top of Ridge Park in Newport Beach. This will be an intermediate to advanced hike. Driving directions: From the Club, take 405S and exit Culver. Take a right on Culver, heading towards the ocean. Take a left on Newport Coast, then a left at Ridgepark. Be sure to bring water, a hat, good shoes and sunblock!

Information: Call Norma at 949.251.6390 ext. 6255

**YOGA WITH MUSIC • BRYNN RYBACEK**

DATE: MONDAY, AUGUST 30TH • 5:15 TO 6:30 P.M.

Enjoy a delightful musical background as Brynn Rybacek guides you through True Flow Yoga. All levels welcome!

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 Orange County’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

**CLIENT SUCCESS STORY • STEVE CAMFERDAM • TRAINER SAL FAZIO**

“On April 17th 2009, I was discharged from USC University Hospital after 81 days of hospitalization. I had my new heart, but had only 121 pounds on my 6’1” frame. With no muscle, I could barely walk. I was determined to get back into the shape I had been in prior to a virus attacking my old heart. I had been an active member of The Sports Club/LA since it opened. In August 2009, after completing 12 weeks in cardiac rehab, I contacted Sal Fazio and began working with him twice a week on cardio and strength training. Today, I have regained the 45 lbs. that I lost in the hospital and also have regained my strength and endurance. I can even beat Sal at racquetball now! I owe this transformation to Sal and I thank him for helping me get my life back.”

Information: See the Fitness Concierge to book a complimentary consultation with Sal

**CLIENT SUCCESS STORY • SHADI RAFAT • TRAINER MARCY METCALF**

“Marcy has been my Private Trainer for almost 4 years. I’m in better shape at age 35 after having a child, then when I was in my 20’s. I’ve always been thin but never knew how to properly use weights and core exercises to look and feel strong. Since training with Marcy, I’m more defined, I have a 4-pack stomach, my glutes are firmer and I’m feeling great about myself. People at the Club often comment on how happy I am while Marcy is kicking my butt during our sessions, and honestly, it’s because she’s tough and she loves what she does and I know I’m getting results. In the end, it’s all worth the hard work. Marcy is truly amazing at

what she does and it shows!

Information: See the Fitness Concierge to book a complimentary demo with Marcy



## SPLASH SPA

### ORGANIC SPRAY TANNING

DATE: AUGUST

Sunless tanning is the perfect option for a gorgeous radiant tan without the harsh effects of the sun. Our organic system is fragrance free, antioxidant rich, skin firming and lasts up to 10 days. Special August rate: \$48 (savings of \$12)

Information: Visit Splash Spa

### POWER BALANCE WRISTBANDS

DATE: NOW

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

### GET RELIEF FROM HEEL PAIN WITH AMR MASSAGE

DATE: NOW

Plantar fasciitis (PLAN-tur fas-e-l-tis) is one of the most common causes of heel pain. It involves pain and inflammation of a thick band of tissue, called the plantar fascia, which runs across the bottom of your foot, connecting your heel bone to your toes. AMR Massage is proven effective in treating Plantar Fascia. The method works by breaking up the excess connective tissue holding the muscles tight and rids the toxins. Most people notice relief after the first treatment, even in severe cases. You don't have to live with pain. AMR Massage works!

Information: Visit Splash Spa

### SKINCEUTICALS SKIN SCOPE & GEL PEEL EVENT

DATE: THURSDAY, AUGUST 12TH • 3 TO 7:00PM

The Skin Scope visually detects and interprets skin problems. A black light illuminates imperfections which enables the esthetician to determine the skin's condition and assist in suggesting an appropriate skin regimen for the client. The Gel Peel Treatment is designed to minimize the appearance of surface lines, smooth out rough skin texture, aid in cleaning acne, and help fade hyperpigmentation. Registration fee: \$30.00 (applicable towards SkinCeuticals product purchase)

Information: Visit Splash Spa to schedule your 30-min. appointment

### BYCARINA PERFUMES CREATED BY LANATURA

DATE: THURSDAY, AUGUST 26TH • 4 TO 7:00PM

Feel fresh, flirty and phenomenal! Join us on August 26th, for the Launch Event of ByCarina Perfumes. Enjoy a gift with any purchase of ByCarina Perfumes.

Information: Visit Splash Spa

### RETAIL SUMMER SAVINGS

DATE: NOW

Enjoy 30 to 60% off selected merchandise! We have limited inventory, so stop by Splash today.

Information: Visit Splash Spa



## OLIVER café | lounge

### SUMMER POOLSIDE PARTIES • TWICE IN AUGUST!

DATE: SATURDAY, AUGUST 14TH AND SATURDAY, AUGUST 28TH • 12 TO 5:00PM

OLIVER café | lounge presents more SUMMER POOLSIDE PARTIES! Enjoy food from the grill, drink specials and a DJ Efo spinning the latest hits, all while soaking up the sun on the sundeck. On Saturday, August 28th, our *Guest Bartender Series* meets the SUMMER POOLSIDE PARTY as Fire Captain Tod Hipsher jumps behind the bar!

Information: Call OLIVER café | lounge for details 949.251.6361

### PIANO LOUNGE AND WINE TASTING

DATE: WEDNESDAY, AUGUST 18TH • 6 TO 8PM

Enjoy featured wines from Ascentia Wine Estates and other local wineries each presented with our Chef's special pairings.

Information: Call OLIVER café | lounge for details 949.251.6361

### PLANNING AN EVENT?

From corporate luncheons, cocktail parties to bridal showers. OLIVER offers full service catering and event planning.

Information: Call Heidi Hawkins our in house specialist at 949.251.6361



## 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