



THE SPORTS CLUB / LA CLUB HAPPENINGS

MAR 2010



CLUB NOTES



THE SPORTS CLUB/LA
ORANGE COUNTY
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 Tony Winkles! Tony dropped 10 lbs. and reduced his body fat by over 6%. - amazing results in less than six weeks. Tony, congratulations and enjoy your \$500 SC/LA Gift Card!



FITNESS

PLYOMETRICS CLASS

Date: Tuesday, March 9th and Thursday, March 11th • 7:30 to 8:30 pm

This plyometric class will help you to improve and increase speed, agility, balance and coordination. Because you use most of your fast twitch muscles to generate speed, you use more energy and burn more calories. This is one great workout and it just happens to be tons of fun!

Information: See the Fitness Concierge

LOWER BACK PAIN WORKSHOP WITH RICH FAHMY

DATE: MONDAY, MARCH 15TH • 6:30 TO 7:30PM • INDO-ROW STUDIO

Learn the best exercises to prevent and alleviate lower back pain. Personal Trainer, Rich Fahmy, will assess your posture and help you find the most effective exercises and stretches to improve your quality of life.

Information: See the Fitness Concierge

NEW HOT WORKOUT! TRX TRAINING DEMO WITH CIELLE SUMMY

DATE: WEDNESDAY MARCH 17TH 6:30 PM AND TUESDAY MARCH 23RD 6:30 PM

Experience a new and dynamic workout with the TRX trainer. The TRX trainer is a suspension-training tool that allows you to engage your core muscles while performing many functional exercises. Our TRX Advantage trainer Cielle Summy will take you through a workout that works for all fitness levels.

Information: Space is limited, so sign up early with the Fitness Concierge. Registered participants will meet at the fitness desk at 6:30 pm.

PILATES DEMONSTRATION WITH DANIELA DAVIS

DATE: WEDNESDAY, MARCH 17TH • 6 TO 8:00PM • MEET AT FITNESS DESK

Are you interested in trying our Pilates Reformer workout? Develop long, lean muscles and improve lower back pain with our combination of strength and flexibility exercises.

Information: See the Fitness Concierge

KETTLE BELL WORKSHOP WITH CRYSTAL JOHNSON

DATE: MONDAY, MARCH 22ND • 6:30 TO 7:30PM • INDO-RW STUDIO AND FITNESS FLOOR

Curious about Kettle bells? If you want to learn more about kettle bells or you are bored with your current routine, this is the class for you! Learn the best full body exercises to increase your strength, burn calories and get your heart pumping.

Information: See the Fitness Concierge

**GROUP EXERCISE****CLUB HIKE WITH NORMA SHECHTMAN**

DATE: SATURDAY, MARCH 13TH • 11 TO 1:00PM

Join us for an amazing outdoor hike!

Information: See the Fitness Concierge for specific information

TRUE FLOW YOGA® WITH LIVE MUSIC

DATE: MONDAY, MARCH 15TH • 5:15 TO 6:30PM

This unique class will begin with an innovative blend of traditional yogic disciplines combined into vigorous flowing sequences that synchronize breath with movement. Next slow passive stretching accompanied by LIVE cello and Tibetan singing bowls will lure the mind and body into a relaxed state. The session will close with a sweet, peaceful rest in savasana accompanied by live music and aromatherapy.

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

PREFERRED PRICING DAYS AT SPLASH

DATE: MONDAY, MARCH 8TH, SATURDAY, MARCH 20TH AND WEDNESDAY, MARCH 28TH
 On these days, receive 20% off any 50 or 80-minute massage or facial.
 Information: Visit Splash Spa

FACIAL SPOTLIGHT: INTRACEUTICALS OXYGEN FACIAL...BREATHE LIFE INTO YOUR SKIN!

DATE: WEDNESDAY, MARCH 17TH
 Receive 20% off any 50 or 80 minute Oxygen Facial. Pamper yourself with a revolutionary anti-aging skincare treatment via cooling topical hyperbaric oxygen. Enjoy dramatic improvements as this treatment delivers collagen and elastin production supplements into the deepest layer of the dermis, plumping the skin's surface to reduce the appearance of fine lines and wrinkles.
 Information: Visit Splash Spa

DISAPPEARING ACT

DATE: WEDNESDAY, MARCH 24TH
 In honor of Harry (Hairy) Houdini's Birthday we are offering 15% off any wax service!
 Information: Visit Splash Spa

SKINCEUTICALS "GEL PEEL" EVENT

DATE: WEDNESDAY, MARCH 31ST • 3 TO 7:00PM
 The Gel Peel Treatment is designed to minimize the appearance of surface lines, smooth out rough skin texture, aid in clearing acne, and help fade hyperpigmentation. Duration of Treatment is 30 minutes. Registration fee \$30 can be used towards product purchase.
 Information: Visit Splash Spa



FOR KIDS ONLY

DR. SEUSS MONTH!

DATE: THURSDAY, MARCH 18TH • 8:30AM TO 1:30PM
 It's Dr. Seuss Month! Bring your children in to For Kids Only to celebrate one of our favorite authors with Dr. Seuss themed crafts and games! Bring in your favorite Dr. Seuss book to share with the class!
 Information: Please call or stop by For Kids Only

KIDS FUN AND SAFETY FESTIVAL

DATE: SUNDAY, MARCH 21ST • 10:30AM TO 2:00PM
 Grab your PASSPORT TO FUN and visit all of our tables to win a prize! Tables will include: The American Red Cross, Johnny's Animals, Activate, Kids are First, the California Highway Patrol and more! Passports will be handed out upon entering! Come with your children and car to enjoy complimentary Car Seat Checks, face painting, magic, music and entertainment and food and refreshments! Complimentary for Members and non-members.
 Information: Please call or stop by For Kids Only



OLIVER café | lounge

WANT A SMOOTHIE?

DATE: MARCH
 We would like to celebrate spring by offering you, our Members 20% off any OLIVER café |

lounge protein smoothie during the month of March!
Information: Visit OLIVER café | lounge

ST PATRICK'S DAY CELEBRATION

DATE: WEDNESDAY, MARCH 17TH

Celebrate St. Patty's Day at OLIVER! Enjoy traditional corn beef and cabbage, green beer, \$3 Guinness and \$5 Irish Car Bombs!

Information: Visit 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 games on our large screen television 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

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