



THE SPORTS CLUB / LA CLUB HAPPENINGS

MAR 2010



CLUB NOTES



THE SPORTS CLUB/LA
ROCKEFELLER CENTER®
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 Sandra Lespinasse! Sandra lost 5 lbs and reduced her body fat by over 6% - amazing results in less than one month. Sandra, congratulations and enjoy your \$500 SC/LA Gift Card!



FITNESS

M.E.L.T. AWAY YOUR ACHES AND PAINS WITH PAUL THOMPSON

DATE: TUESDAY, MARCH 16TH • 11:30AM TO 1:30PM AND 5:00 TO 7:00PM

Improve your posture, and rid your body of unwanted tension. See and feel immediate changes in your posture. The M.E.L.T. Method is a self-treatment technique using foam rollers and M.E.L.T. hand and foot balls that work directly on your connective tissue to help you reconnect, rebalance, release, and rehydrate the tissue that supports, protects and stabilizes your entire body.

Information: See the Fitness Concierge

FIT TIP: KETTLEBELL TRAINING

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.

TRX SUSPENSION TRAINING® COMPLIMENTARY DEMO

DATE: NOW

What is TRX Suspension Training? TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity of your choice. The versatility of the TRX Suspension Trainer allows for hundreds of functional exercises to be combined to create unique and challenging training programs that meet the performance enhancement goals of athletes of all levels. The mechanics of Suspension Training are based upon three planes of motion, muscles work together in groups to safely build strength, balance, flexibility and core stability. Try it today!

Information: See the Fitness Concierge to experience TRX Suspension Training



GROUP EXERCISE

HOT FOR SUMMER

DATE: NOW

Spring is here and the hot summer months are just around the corner. It's time to lose the winter layers and get ready to bare your body with confidence. Participate in our Spring Group Exercise Challenge and become leaner, stronger and sexier just in time for summer. Take the spring challenge and you will be eligible to enter a drawing for a complimentary month for you and a friend, plus 3 private training sessions. Now, that's hot!

SPRING GROUP EXERCISE CHALLENGE

Pick up a class punch card from the Reception Desk. Have the Group Exercise Instructor punch your card after each class. Participate in 16 Group Exercise classes during the month of March and you will be eligible to enter the drawing. *Bonus classes listed below are worth two.

BONUS CLASSES

BEACH BODY BOOTCAMP - JEAN BAPTISTE

DATE: SATURDAY, MARCH 13TH • 10 TO 11:00AM • STUDIO 1

RIDE THE WAVES (INDO-ROW) - AVERY WASHINGTON

DATE: THURSDAY, MARCH 25TH • 2 TO 2:45PM • STUDIO 1

REV UP FOR SUMMER - LOI JORDON

DATE: FRIDAY, MARCH 26TH • 6 TO 7:00PM • REV STUDIO

SUNDAY PUNCH (BOXING) - CHELLAMAR BERNARD

DATE: SUNDAY, MARCH 28TH • 11:30AM TO 12:30PM • STUDIO 1



PATRICK MELVILLE SALON & SPA

BEAUTY BODY WELLNESS/HEALTHY AGING CENTER FOR MEN AND WOMEN

DATE: NOW

Formally The Goddess Repair Shop, Beauty Body Wellness/Healthy Aging Center for Men and Women, is located at the Patrick Melville Salon & Spa and is offering special services for men and women. For Men, 10% off our *new* "Men's Skin Care" by emerginC. For Women, 20% off Organ Cleanse the Goddess Repair, the ultimate detox to jump start weight loss.

Information: Stop by the Patrick Melville Salon & Spa to schedule your appointment and pick up our new brochure or call 212.218.8650



PULSE RESTAURANT & BAR

HAPPY HOUR EVERY THURSDAY NIGHT

DATE: THURSDAYS

Grab some friends and coworkers and join us at the Bar for fabulous martinis, delicious mixed drinks, imported and domestic beers and the finest of wines. Remember, the weather may be bad, but you can get to SC/LA without having to walk outside, simply use the Concourse! Pulse always offers a wide range of seasonal, specialty cocktails. Our wine list has been designed to compliment the food we serve. Please ask your server for suggestions or choose your favorite.

PRIVATE EVENTS & CORPORATE CATERING

DATE: NOW

Overlooking the heart of Rockefeller Plaza, Pulse is the ideal setting for your special occasion. From corporate dinners to cocktail receptions, we can host a variety of private events in our dining room, bar and café.

We would love to offer your office a complimentary tasting of our catering menu!

Pulse Restaurant also offers off-site catering. In either setting, we are dedicated to providing an elegant dining experience with superb service as our professional staff will work with you to ensure that every detail is perfect.

Please contact Lauren D. Morgenstern, Private Events & Catering Manager, Pulse Restaurant and Bar

Information: 212.218.8661 • Lauren@pulse-restaurant.com