



THE SPORTS CLUB / LA CLUB HAPPENINGS

AUGUST 2010



THE SPORTS CLUB/LA
ROCKEFELLER CENTER



GROUP EXERCISE

MIX IT UP

DATE: MONDAY, AUGUST 9TH TO TUESDAY, AUGUST 31ST

Do you want to be leaner, stronger and more defined? We have the answer... *MIX IT UP!* Participate in eight different Group Exercise classes from the list below between Monday, August 9th and Tuesday, August 31st and be eligible to enter a drawing for a 3-Pack of Private Training. We will select three winners. Receive a class voucher from the instructor at the end of each class, then submit all eight vouchers (or more) to the Reception Desk all at one time. Increase your chances by experiencing all of the classes in *MIX IT UP!* All entries must be submitted by September 9th. Drawing will take place on September 10th. *MIX IT UP* and good luck!

BODY BAR CHALLENGE

BREATH & STRETCH

CONTACT KICKBOXING

DRILLS AND DEFINE

FORZA

KICKBOXING

PILATES

PURE SCULPT

REV

STRENGTH & GRACE

THE BOXER'S WORKOUT

TRANSFORM

ULTIMATE BOXING

YOGA

BOXING

AWESOME ABS

DEFINITIONS

DRUMCORE

INDO-ROW

OLD SCHOOL CARDIO

POWER SCULPT

RESULTS!

REV BASICS

STOKED 360

THE WEDGE

TREDTRAIN / SHEDTRED

ULTIMATE BURN OFF

ZUMBA

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 NYC'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

ASK THE EXPERT • NORMA LOWE

DATE: WEDNESDAY, AUGUST 4TH • 5:30 TO 6:15PM AND THURSDAY, AUGUST 5TH • 12:30 TO 1:30PM

How can I get six-pack abs? Flab-free arms? What do I need to do to lift my buns? Norma will answer these and any other fitness questions you may have. If you cannot make these times, don't despair! This opportunity is available by appointment through August 31st.

Information: See the Fitness Concierge for your 10-min. troubleshooting session

ALL ABOUT YOU... ARMS, CORE AND CARDIO • JULIE BOBEK

DATE: TUESDAY, AUGUST 17TH AND THURSDAY, AUGUST 19TH • 1PM, 1:20PM AND 1:40PM

Sign up today for a 20-min. consultation to learn a quick and efficient workout using a medicine ball and a jump rope. This 20-min. workout will challenge your core, cardio and arm endurance. Trim and tone your body before the summer ends. Be sure to warm up and stretch before the appointment.

Information: See the Fitness Concierge to sign-up for your 20-min. session

HAND & FOOT MELT • PAUL THOMPSON

DATE: AUGUST

Free your neck, lower back, knees and hips from pain by targeting your hands and feet. The *HAND & FOOT MELT* will also help improve your overall physical performance. Learn how to rebalance your body by working with your connective tissue. Take a complimentary 20-min. *HAND & FOOT MELT* with Private Trainer and Yoga Teacher Paul Thompson.

Information: See the Fitness Concierge

FIT TIP • STRENGTH TRAIN TO LOSE WEIGHT AND INCHES • ANTHONY SLATER

DATE: NOW

Due to the almost immediate endorphin rush and sweat you experience at the end of a cardio session, many people forget how important it is to build muscle! Strength training is critical to burn extra fat because strength training creates metabolically active muscle tissue. It's simple, the more muscle you have the more lean body mass you have and nothing burns more calories than muscle. Strength training also helps your metabolism stay charged long after your workout ends. Thirty minutes of strength training is often times sufficient to achieve this desired affect. Learn the variety of ways to strength train. Learn how to incorporate strength training into your routine and most importantly, get the body you've always wanted.

Information: See the Fitness Concierge to arrange a session with Anthony



ICE - SPORTS THERAPY

DO YOU HAVE “FROZEN SHOULDER” (A.K.A. ADHESIVE CAPULITIS)?

DATE: NOW

Adhesive capsulitis, more commonly referred to as “frozen shoulder,” is a shoulder disorder marked by pain, inflammation, and decreased shoulder range of motion. Frozen shoulder can occur spontaneously, but may also arise from trauma, immobilization, arthritis, or other disorders. Typical clinical presentation of this disorder consists of pain that may travel down the arm past the elbow, which may disturb sleep at night. Shoulder muscle flexibility decreases, resulting in lack of adequate arm motion which may complicate one’s ability to perform activities such as bathing, brushing hair, reaching for overhead objects, or reaching behind the back. Physical therapy management of frozen shoulder consists of modalities such as ice or heat to address pain, gentle joint mobilization, and progressive strengthening. I.C.E. Sports Therapy will be offering complimentary screenings to all Members and non-members. Screenings take approximately 20 to 30 min. to complete and consist of a posture exam, muscle strength, and joint motion. There will also be time allotted to answer questions or concerns regarding old and/or existing injuries. The physical therapist will assess your need for physical therapy and discuss how you may benefit from our services.

Information: To schedule your complimentary screening please contact Melissa Crocker at 212.218.8605 or melissa@icept.com



PULSE RESTAURANT & BAR

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, and social networking events we can host a variety of private functions in our dining room, bar and café. Pulse 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 every detail is perfect. First time clients will receive a complimentary tasting of breakfast or lunch at your office for up to 8 guests. Pulse can also be transformed into the ideal space for professional functions, including company meetings, corporate parties and social networking events.

Information: Contact Lauren for details at 212.218.8661 or at Lauren@pulse-restaurant.com

OFF-SITE CATERING

DATE: AUGUST

For the month of August receive 50% off a breakfast or lunch at your office for up to 10 guests! This offer is for first time catering customers only.

Information: Contact Lauren for details at 212.218.8661 or at Lauren@pulse-restaurant.com

HAPPY HOUR

DATE: NOW

Please join us at Pulse for Happy Hour from 6 to 8:00pm, Monday through Friday, and enjoy delicious drinks and a friendly atmosphere.

Information: Stop by Pulse Restaurant and Bar



GREEN APPLE CLEANERS

GREEN APPLE CLEANERS • THE CLEANER DRY CLEANER

DATE: NOW

We are excited to now offer the services of Green Apple Cleaners – valet service. Services include non-toxic dry cleaning, shoe repair and shine, on-site tailoring, expert spot removal, shirt laundering, hypoallergenic wash and fold services, and much much more. Located in the lobby of the Club.

Information: Stop by Green Apple Cleaners today to find out about special promotions