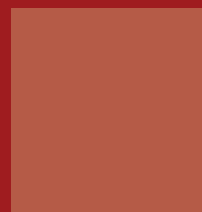


| The Sports Club/LA - Miami | 09 | 2008 | Four Seasons Tower, 1441 Brickell Avenue, Miami, FL 33131

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CLUB HAPPENINGS



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- Events at the Spa
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THE SPORTS CLUB/LA



- ❖ Fitness
- ❖ Group Exercise
- ❖ The Spa

Fitness

Essentials for a Healthy Fall

The Sports Club/LA recommends essentials for a healthy fall. Our Club is committed to delivering the essentials you need to achieve your health and fitness goals. With our extensive range of amenities, programs, and experts, you can be your healthiest this fall. Try one or experience them all:

- Private training
- Yoga or Pilates one-on-one sessions
- Boxing lessons
- Group classes from Rev to Definitions
- Holistic health counseling

For more information please visit the Club Reception Desk. Packages are available.

Build a Dream Body Workshop

Date: Begins Tuesday, September 23rd, 7:30pm

Details: Join us for this 4-week workshop (1+ hour session per week) that will teach you how to transform your body. Participants will learn to:

- Identify your unique nutritional requirements through our complimentary metabolic typing test.
- Cleanse your body (liver, colon and gallbladder) to rapidly detoxify your body
- Go from feeling tired and having low energy to feeling vibrant and full of energy in 4 weeks
- Master 7 movements that are guaranteed to restore your health and kick start your metabolism

Cost: Members: \$175, non-members: \$225

Register: For more information or to register, please contact, Matt Gates, Fitness Manager, at 305.533.1199 or mgates@mp-sportsclub.com.

Group Exercise

Dance It Off!

Date: Saturday, September 20th, 11:00am-1:00pm

Details: Move with The Sports Club/LA Miami as we Dance It Off! Two hours of non-stop hip-hop where participants will groove to smooth, in a fun-filled full-body workout.

Cost: Complimentary. Open House Lobby Event for National Women's Health & Fitness

Register: Guest Registration required for all non-

members. For more information or to register, please contact, Jackson Williams, Group Exercise Manager, at 305.533.1199 ext.7909 or jwilliams@mp-sportsclub.com.

Pilates Open House

Date: Saturday, September 27th, 9:00am-12:00pm

Details: Join our dynamic team of certified Pilates instructors for an informal introduction on the equipment. Try something new and experience a unique workout catered and customized to your body.

Cost: Complimentary

Register: No registration required.

The Spa


Skincare Essentials

The Spa at The Sports Club/LA shares skincare essentials for fall. The Spa is committed to delivering results-orientated treatments in a way that complements your visits to the Club. After the summer season, skin is often dryer and in need of extra attention and care. With The Spa's wide range of treatments and skincare products, you have all of the essentials to achieve beautiful, healthy skin.

Choose from:

- Clinical Facials: Anti-aging, Intensive Hydrating, & Vitamin C
- Holistic Facials: Signature, Reparative, & Hydrating
- Body Treatments: Aromatherapy Aloe Wrap & Dry Skin Relief Treatment
- Massages: Deep Tissue, Swedish & Pre-Natal
- Products: Environ, Sundari & more

Please visit The Spa to purchase and schedule your treatment and products. Packages are available.


 ❖ Events at the Spa

❖ Refer a Friend

Events at the Spa

"Exercise Your Beauty" with Nina Bucci-Fashion Fitness Wear Trunk Show

Date: Tuesday, September 9th, and Wednesday, September 10th, 8:00am-8:00pm

Details: Visit The Spa to check out the latest fitness fashions from Nina Bucci.

Carolina Garcia Jewelry Trunk Show

Date: Wednesday, September 24th, 8:00am-8:00pm

Details: Add style and fun to your wardrobe with trendy, hand-crafted sterling and stone jewelry from Carolina Garcia.

Register: Visit The Spa throughout the day to purchase these beautiful works of art!

"Lets Face It" Mini Consults

Date: Throughout the month of September, Monday – Friday only.

Details: Meet our expert estheticians at The Spa at The Sports Club/LA. Schedule a 20 minute complimentary skin consultation and receive:

- Personalized skin analysis
- Tips on how to keep your skin at it's natural best
- Introduction to our amazing skin care lines
- Personalized treatment program

Participants of Lets Face It Mini Consults will also receive an additional 10% savings on any single facial treatment, as well as special savings on any series.

Restrictions apply.

Register: Please visit The Spa or call 305.533.1199 to schedule your appointment.

Refer a Friend

When you refer a friend who joins our Club this month we will thank you with \$100 in Member Rewards. We greatly appreciate your Membership and your efforts in sharing the many positive attributes of our Club. Please see a Membership Director for details.