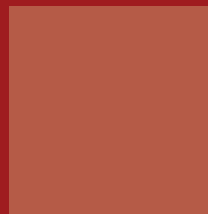


| Reebok Sports Club/NY | 09 | 2008 | 160 Columbus Avenue, New York, NY 10023

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CLUB HAPPENINGS



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SPORTS CLUB/NY

❖ Fitness

❖ Sports

Fitness

Essentials for a Healthy Fall

Reebok Sports Club/NY 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
- Sports lessons from Basketball to Boxing
- Group classes from Cycle Reebok to Definitions
- Swimming lessons
- Nutritional counseling

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

Sports

Fall 2008 Basketball League

Date: Mondays, beginning September 22nd

Details: Players old and new, its game time! The fall basketball league still has both team and individual spots available. Be the first to compete on the new basketball court.

Cost: Members: \$155, non-members: \$190

Register: For more information and the register, please contact Pam Opdyke, Sports Coordinator, at 212.501.1438 or popdyke@reeboksportsclubny.com.

King of the Hill, one-on-one Basketball Tournament

Date: Saturday, September 20th, 10:00am

Details: Prove you have what it takes to be the best at this one-on-one double elimination tournament. Win great prizes and enjoy guest NBA appearances.

Cost: Members: \$40, non-members: \$50

Register: For more information and the register, please contact Pam Opdyke, Sports Coordinator, at 212.501.1438 or popdyke@reeboksportsclubny.com.

Youth Basketball

Date: Beginning Wednesday, September 17th
Wednesdays, after school 2:30-5:00pm and Saturdays,
1:00-3:00pm

Details: Group basketball lessons for children and teens. Children will grouped by age and ability.

Cost: Members: \$595, non-members: \$650 Drop in available for \$45 per day.

Register: For more information and the register, please contact Pam Opdyke, Sports Coordinator, at 212.501.1438 or popdyke@reeboksportsclubny.com.

Adult Group Swim

Date: Wednesdays, 7:30pm-8:30pm

September 17th – November 5th

Details: An eight-week program offering a cardiovascular workout led by our experienced swim coaches. Participants must be able to swim front crawl, back crawl, and breast stroke, as well as swim a minimum distance of 500 yards.

Cost: Members: \$220, non-members: \$275

Register: For more information and the register, please contact Pam Opdyke, Sports Coordinator, at 212.501.1438 or popdyke@reeboksportsclubny.com.

Operation Brawlic

Date: Tuesdays and Thursdays, beginning September 23rd (6 weeks)

Details: Old school training with sandbags, ropes and sweat. This class is intended to build power and strength. Designed to test your fitness and push your limits.

Cost: \$2,000 members, \$2,200 non-members

Register: For more information and the register, please contact Pam Opdyke, Sports Coordinator, 212.501.1438, popdyke@reeboksportsclubny.com.



- ❖ Harmony by Karate
- ❖ Group Exercise
- ❖ Mind Body

SCUBA Diving Training

Date: Class dates and times vary depending on enrollment

Details: Start your discovery of the underwater world by taking PADI Open Water Diver course, which is the first step required in obtaining an Open Water Diver Certification. This is a 3 day class which covers both the theory and practice required for your SCUBA certification. This class takes place both in the pool and the conference room.

Cost: Members: \$499, non-members \$599

Register: For more information and to register, please contact Pam Opdyke, Sports Coordinator, at 212.501.1438 or popdyke@reeboksportsclubny.com.

Harmony by Karate

Two Complimentary Private Lessons for Club Members

Details: Due to overwhelming response, we are proud to extend our invitation for two complimentary private lessons with Harmony By Karate to all Club Members. Do not hesitate – spots are going quickly. Come sample our unique style and have the courage to transform.

Register: To register or for more information, please contact Gina at Gina@harmonybykarate.com.

Note: Invitation ends November 15th, 2008.

Group Exercise

Please note that the Fall Group Exercise Class Schedule will be out soon. Be on the lookout for more of your favorite classes and instructors. Stay tuned!

Mind Body

Introduction to Forrest Yoga – a 4-week course with Erica Mather

Date: Wednesdays, 7:00-8:30pm, September 10th-October 1st

Details: Forrest Yoga is an intense yoga method that strengthens and tones the core, while connecting and integrating it to the rest of the body. "Forrest Abs" lies at the heart of every class, whether it moves into back bending, "gravity surfing", hip opening, or inversions. Each week will have a focus including: Hip Opening, Back Bending, Inversions, and Gravity Surfing.

Cost: Members: \$25 per course, \$85 for 4 weeks
non-members: \$35 per course, \$125 for 4 weeks

Register: For more information or to register, please contact April Martucci, Mind Body Concierge, at amartucci@reeboksportsclubny.com or 212.501.1485.

The Art of Vinyasa – a 4-week course with April Martucci

Date: Tuesdays, 7:00 – 8:30pm, September 9th-30th

Details: Vinyasa is a flowing and dynamic practice where the breath is connected to the movement. It energizes and strengthens the body, while helping to calm the mind and soothe the nervous system. Learn the principles of the Vinyasa yoga practice, perfect your chaturanga, and your downward facing dog, learn to breathe properly while moving through the poses and much more.

Cost: Members: \$160 for 4 weeks, non-members: \$200 for 4 weeks. No drop-ins. Limited to 8 participants.

Register: For more information or to register, please contact April Martucci, Mind Body Concierge, at amartucci@reeboksportsclubny.com or 212.501.1485.

Chakra Tuning Workshop with Sandhi Ferreira

Date: Sunday, 3:30-5:30pm, September 21st

Details: The chakras provide us with a map for deep therapeutic transformation. A healthy mind and body is a sound mind and body! In this workshop, we will explore how asanas can address the possible root causes of emotional and physical difficulties in our lives, and how to use mantra and positive intention together with asana to instigate deep and lasting healing.

Cost: Members: \$20, non-members: \$35

Register: For further details, please contact April Martucci, Mind Body Concierge, at amartucci@reeboksportsclubny.com or 212.501.1485.

- ❖ Paul Labrecque Salon and Spa
- ❖ For Kids Only
- ❖ Social Event
- ❖ Refer a Friend

Paul Labrecque Salon and Spa

Get your bronze on. Make it an endless summer with our award winning Sunless Air Bronze Tanning Treatment, voted New York Magazine's "Best Fake Tan." For further details or to book your appointment please call 212.362.3401.

For Kids Only

For Kids Only Fall Open House

Date: September 3rd-5th

Details: *For Kids Only* at Reebok Sports Club/NY invites you to join us at our Fall Open House. Come check out what we are all about and enjoy complimentary classes. Children can enjoy Storybook Oven, Tots and Tutus, Yogi Beans, The Next Step Preschool Alternative, Princess Ballet and more!

Cost: Complimentary

Register: To reserve your spot or for further details, please contact Jackie Burt at 212.501.1434 or jburt@reeboksportsclubny.com.

Family Day Fun

Date: Sunday, September 7th, 11:30am-1:30pm

Details: Come join us for a fun filled day of Olympic-inspired games for children and families! You and your child can have a blast enjoying some friendly competition while participating in activities such as relay races, held on our outdoor track, swimming heats, and family field day activities. Every family is a WINNER and will leave with a personalized medal that they decorated themselves!

Register: For any questions please contact Janelle at 212.362.6800. You may register on site in *For Kids Only* as well.

Stay and Play!

Date: Tuesdays and Thursdays, 1:15pm-3:45pm

Details: *For Kids Only* is open on Tuesday and Thursday afternoons to caregivers and their children (ages 3 months- 12 years) to Stay and Play in our play space together. Stay and Play allows children and adults to share the experiences offered in *For Kids Only* such as physical and dramatic play, spatial learning, art & movement activities, and more!

Cost: Members: \$15 per visit, non-members: \$20 per visit. Second child discounts available.

Register: For more information or to reserve a spot, please call 212.501.1405.

Social Event

Summer Rooftop 5-Course Wine Tasting Event

Date: Friday, September 19th, 5:30-8:30pm

Details: Join Sidewalk Café on the rooftop terrace as they host an elegant 5-Course Wine Dinner with guest speaker Bob Lipinski, VP of Wine Education at Southern Wine & Spirits. Enjoy an array of fine wines, delectable hors d'oeuvres, great food, and music throughout the evening. Limited to 50 guests, so make your reservations now!

Cost: Members & Guests: \$125 per person

Register: To make a reservation, please visit Sidewalk Café or contact Charn Bak, Director of Private Events, at 212.501.1467 or cbak@reeboksportsclubny.com.

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.