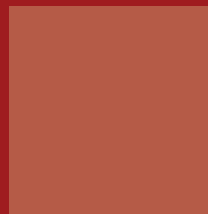


| The Sports Club/LA-Upper East Side | 09 | 2008 | 330 East 61st Street, New York, NY 10065

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CLUB HAPPENINGS



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THE SPORTS CLUB/LA



- ❖ Fitness
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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
- Sports lessons from Basketball to Boxing
- Group classes from Rev to Definitions
- Nutritional counseling

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

Essentials of Fall Fitness – Featuring Muscle Activation Techniques (MAT) with Stepane Courtois

Details:

- Does discomfort, stiffness or instability prevent you from exercising?
- Do you feel unable to participate in physical activity with the intensity you once could?
- Do you feel that your physical abilities have diminished as you have grown older?

If you answered yes to any one of these questions, MAT may be just for you. MAT is a systematic approach for pinpointing and correcting muscular weakness that leads to tightness, pain and decreased performance. The goal of the MAT sessions is to pinpoint and correct the underlying muscular weakness that lead to the complaint – not to treat the symptom. From there, one of our qualified Private Trainers can assist you in obtaining the goals you originally set for yourself. It's a team effort to get you in the best shape of your life!

Register: For more information on how to sign up for a complimentary MAT assessment, please contact Jason Mundy, Fitness Manager, at 212.355.5100.

Group Exercise

Aqua Bonus

Date: Wednesdays, September 3rd & 10th, Pool
Details: Mark your calendars and don't miss the opportunity to enjoy two additional water workouts with the dynamic Judy Wyman. Our challenging and creative aqua classes are the talk of the pool, so be sure to check them out.

15-Minute Complimentary Reformer Sessions

Date: Wednesday, September 24th, 6:00-8:00pm, Club Level 3
Details: Curious about the Pilates Reformer? Learn how working on this incredible piece of equipment can strengthen your core, lengthen your muscles and improve your posture. Feel better, look better and be better with Pilates! All participants are eligible to enter a drawing for a complimentary Pilates session with Julietta Cuticone.

Register: Please sign up at the Fitness Desk one hour prior to event.

Mind Body

Meditation under the Stars

Date: Thursday, September 24th, 7:30-8:45pm, Rooftop Terrace
Details: The summer is ending and the fall is upon us. Enjoy this last chance to relax and rejuvenate on our Rooftop Terrace. Breathe, stretch and meditate under the stars in Laleh Nader's signature Stretch & Meditation Class.

Cost: Complimentary

Register: No registration needed.

A young boy with light hair is holding a basketball with both hands, looking directly at the camera with a neutral expression. The background is blurred, suggesting an outdoor sports setting.

- ❖ *For Kids Only*

- ❖ *Refer a Friend*

For Kids Only

Winter Semester

Date: September 8th – December 19th

Details: Registration for the winter schedule is now open. Your child may enjoy classes such as Jam with Me, ½ Mush ½ Music, TuTus and Tiaras, and Just for Me. Spaces are limited.

Register: For more information, please contact Tessa John Conner at 212.355.5100 ext. 4235.

Stay N' Play!

Details: Escape from the heat of summer and join us in FKO where you can read, play games, paint, or use play dough with your little one. Stay N' Play is designed for you and your little one to play in a cool, safe, and fun atmosphere. Nannies are welcomed too. Reservations are required.

Cost: Members: \$10, non-members: \$15

Register: For more information or to register, please contact Elizabeth Memnon, FKO Manager, at 917.286.9770 or ememnon@mp-sportsclub.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.