



THE SPORTS CLUB / LA CLUB HAPPENINGS

APRIL 2011



CLUB NOTES



THE SPORTS CLUB/LA
BEVERLY HILLS

NEW GENERAL MANAGER

I am excited to introduce myself, Derek Reed, as your new General Manager of The Sports Club/LA in Beverly Hills. I am extremely honored to have the opportunity to work with each of you as we continue to make The Sports Club/LA the club all others are measured against. After all, it is you, our Valued Members that make The Sports Club/LA the success that it is today. I have had the pleasure of meeting many of you, but if I have not yet had the opportunity, I invite you to visit the Membership Services Office as I look forward to meeting you.

Sincerely,

Derek Reed
General Manager

PHASE II • \$500,000 IN CLUB IMPROVEMENTS STILL TO COME IN 2011!

We are excited to announce that PHASE II will begin soon!

- Expanded Cardio Gym
- Expanded Group Exercise Space
- Expanded Functional Training Area
- Expanded Stretch Area
- New Flooring
- And Much More

INFORMATION: Details to come!

WHEN YOU LOSE...YOU WIN!

DATE: NOW

Our SCLA InBody Challenge is in full swing! We would like to thank all participating Members and remind you to get your Inbody taken for the second time four weeks from your initial assessment (April 15th through May 1st). Keep up the great work!



FITNESS

TRX SUSPENSION TRAINING EQUIPMENT DEMONSTRATION WITH GERARD KARSENTY AND CRYSTAL MARIE RESCH

DATE: MONDAYS, WEDNESDAYS AND FRIDAYS • 10AM ON THE FITNESS FLOOR

Whether you're always on the go, bored with your current program or just intrigued by the TRX Suspension Training equipment, let Advantage Trainer Gerard Karsenty and Private Trainer Crystal Marie Resch show you how to gain peak performance with the TRX Suspension Trainer. The TRX Suspension Training System is a revolutionary method of leveraged bodyweight exercise. The TRX Suspension Trainer allows you to perform literally hundreds

of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Information: Call the Fitness Concierge or email Gerard at gerardkarsenty@thesportsclub.com or Crystal at crystalmarieresch@thesportsclub.com

TRAIN FOR YOUR NEXT 5K, 10K, ½ OR FULL MARATHON • PRIVATE TRAINER JARED NELSON

DATE: APRIL • BY APPOINTMENT ONLY

See Jared Nelson for a sport specific workout. With over 12 years of competitive endurance training experience, Jared knows what it takes to achieve your next goal. Jared is also experienced in bare foot running and plyometrics.

Information: Call the Fitness Concierge or email Jared at jarednelson@thesportsclub.com

KETTLEBELL TRAINING • ADVANTAGE TRAINER STEPHANIE LAFF

DATE: APRIL • BY APPOINTMENT ONLY

If you are working on breaking a plateau to finally lose that last 5lbs, Russian style kettlebell training is a viable solution for you. The kettlebell exercise is designed to work your whole body as a unit (with particular attention on the abs and glutes) helping you quickly build the lean muscle mass you need to burn fat. These workouts not only build strength, but also challenge your cardiovascular system at the same time, which means you burn more calories during the workout and continue to burn calories throughout the day.

Information: Call the Fitness Concierge or email Stephanie at stephanielaff@thesportsclub.com

KEISER AIR PRESSURED EQUIPMENT WORKOUTS • ADVANTAGE TRAINER RONALD JEAN

DATE: APRIL • BY APPOINTMENT ONLY

Whether your goal is to excel at a specific sport, pick up your children or grand kids, carry groceries, or simply lose fat and tone up, a workout routine on the Keiser Air Pressured machine can help you achieve those goals. Don't just keep doing the same exercises over and over and expect different results. Contact Ronald Jean and experience the most versatile training workout equipment available.

Information: Call the Fitness Concierge or email Ronald at ronaldjean@thesportsclub.com

SPRING IS HERE

Here are some reminders for those of you trying to shed your "winter body" and gear up for a warm and sunny spring:

BE PATIENT WITH YOURSELF

If this is the first time you're getting serious about working out in a long time know that your body is going to revolt at first. It needs to be jump started and that may take a few weeks. Actually, it takes about 21 days for your body to get used to exercise. Within six-weeks, your body will have adapted and then can endure harder and lengthier work outs. Even when your muscles are screaming at you to stop, don't. Go at a slow but regular pace and in time you will become acclimated.

DAYLIGHT SAVINGS TIME

Sure, it doesn't seem like such a big deal, but just the fact that there's an extra hour of sunlight (or at least daylight) in the evenings can make a huge difference in how we feel. And that's one more hour you have to get to the Club while it's still light out, one more hour to take a refreshing walk around the neighborhood, one more hour before nighttime hits and it feels like the day is winding down. And the greatest part...the days keep getting longer and longer from here on in—it doesn't turn around until June! Yes, daylight savings time has been around forever, but it's something we sometimes forget to appreciate when it happens!

SPRING CLEANING (NO, SERIOUSLY!)

Especially for those of you who don't like the idea of spring cleaning - treat all of your big cleaning sessions as full-scale workouts. Don't do it piecemeal, don't come to it with a frustrated, negative mindset - instead, take advantage of the fact that you need to do this stuff by turning it into a way to get active. Stretch beforehand. Change into your workout clothes. Blare some great music. Set yourself a two-hour time limit. And then really put your body into the work!

HANG YOUR SWIMSUIT WHERE YOU CAN SEE IT

The sun is shining and it's time to start remembering what your beach body should look like. Remember that cute bikini you bought last year? Afraid your belly might lop over the waistband of your swim trunks? Hang your swimsuit where it will be a reminder of what you're trying to accomplish with your diet and fitness regime. Better yet, snap a photo of it, and paste it up in several places, including the refrigerator door, the pantry door, and the box of Girl Scout cookies in the freezer. Every time you go to choose a snack, it will help motivate you to opt for something healthier.

**GROUP EXERCISE****NEW • BOOIAKA™ - IT'S THE WAY YOU MOVE (WE INVITE YOU TO CHECK THIS OUT AT THE SPORTS CLUB/LA IN WEST LOS ANGELES)**

Booiaka™ is a unique and intense cardio dance workout that feels like a Saturday night out at your favorite club with your friends! Created by Tatiana Tamai, renowned Italian choreographer and dancer, Booiaka™ is a combination of Latin, Brazilian, Jamaican, Hip-Hop, Old School and Reaggaton dance styles. This one hour class is based on choreography; but it is not focused on technical steps. The workout is founded on muscle memory combined with a progressive increase in cardio training throughout the class. It builds its movement step by step with repetition making Booiaka™ easy to catch on to for all shapes, sizes, skill levels, and ages. Realizing that it is common for new students to feel intimidated upon entering their first dance or fitness class, Tatiana wanted to create something that changed the focus - making the goal of Booiaka™ to feel the beat, release your spirit, and have fun!

Information: See the Fitness Concierge

**OLIVER café | lounge****MARCH MADNESS**

DATE: THROUGH APRIL 4TH

This has been the most exciting and unpredictable tourney ever! Your bracket may be busted, but you can still come watch the conclusion of this year's NCAA tournament and enjoy happy hour prices Monday through Friday from 5pm to closing. Specials include: \$5.50 appetizers, \$5 well cocktails & house chardonnay, merlot, cabernet, \$3 draft beers.

Information: Stop by OLIVER café | lounge

NBA PLAYOFFS

DATE: APRIL

Don't forget to come out and support our very own Los Angeles Lakers as they battle to stay on top. We will be holding viewing parties on our big screen television Monday through Friday with drink specials and happy hour pricing available.

Information: Stop by OLIVER café | lounge

PROTEIN SMOOTHIE RECOMMENDATIONS • SPORTS NUTRITIONIST KRISTEN REAVES

If you haven't already, try one of our nutritionist endorsed smoothies: Tropical Treat, Banana Beach, Hawaiian Dream, Caribbean Cooler, Peanut Butter Cup or Blazing Chocolate Berry. Add the right supplements to your smoothie to get the most out of your workout:

Glutamine • 1 scoop, maintains lean mass, decrease muscle soreness, and improves the immune system. Take before and after workouts.

Creatine Monohydrate • 1 scoop, provides fuel for repetitive exercise and activity and energy for maximum performance. Good for sprint speed, muscle endurance, and muscle strength. Take before and after workouts.

Udo's Oil • 1 scoop, improves stamina and endurance, decreases recovery time and inflammation after exercise. Udo's oil can decrease fat storage and production while increasing metabolic rate. It has also been known to decrease arthritic joint pain and strengthen bones.

SPECIAL EVENTS

DATE: NOW

Let our sophisticated catering expertise handle your celebration, business function, or private event. Our chic style, and world class food is sure to make your event a success.

Information: Call 310.888.8160

**SPLASH SPA****TAX DAY SPECIAL FRIDAY**

DATE: FRIDAY, APRIL 15TH

Reward yourself for getting your taxes done by scheduling a little "me time" on this tax deadline. We are pleased to offer you \$30 off any 80-minute service on April 15th!

Information: Stop by the Splash Spa

EARTH DAY

DATE: FRIDAY, APRIL 22ND

In honor of Earth Day try our amazing Organic Peppermint Scalp Treatment for only \$20! Add this invigorating treatment to any massage or facial.

Information: Stop by the Splash Spa

PRODUCT OF THE MONTH • ANSR, BEAM RED AND BLUE LIGHT THERAPY

DATE: APRIL

The blue light kills acne causing bacteria while improving quality of skin. The red light is a safe, non-invasive, effective and easy way to rejuvenate your skin texture. ANSR also diminishes fine lines and wrinkles, while greatly reducing pore size and redness.

Information: Stop by Splash Spa

**THE SHOP****LULULEMON**

DATE: APRIL

Our hottest workout line for women is now available for men! Lululemon is a yoga inspired line. We currently have the full spring collection in! Define Jackets, Wunder Under Crops, Run Shorts & much more. We are getting in weekly shipments in all sizes from 2 to 10 for women and medium to extra large for men.

Information: Stop by THE SHOP by Pete's Sportswear



THE GOLF ACADEMY

COMPREHENSIVE SWING EVALUATION

DATE: APRIL • EXCLUSIVE PRICE FOR MEMBERS \$49 (VALUED AT \$300)

The Golf Academy Swing Performance Evaluation is the most advanced method to quantify your ability to swing efficiently and powerfully, avoid and prevent injuries and improve your performance.

Swing Performance Evaluation includes:

- Player Interview & Profile
- V1 Digital 4 Camera Swing Analysis with Tour Player Comparisons
- K-VEST TPI 3D Biofeedback with Kinematic Sequence Analysis
- Swing Dynamics Weight Right Force Plate Balance & COG Evaluation
- FlightScope Launch Monitor Analysis
- I-Club 3D Swing Path & Plane Diagnostic Evaluation
- TPI (Titleist Performance Institute) Golf Specific Fitness Screen
- Full Report of Findings from the GPS including Kinematic Sequence

Information: Call The Golf Academy by The Sports Club/LA at 310.312.5051. Located just behind The Sports Club/LA in West Los Angeles, at 1815 Pontius Avenue