

THE SPORTS CLUB/LA GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE JUNE 16, 2010

Orange County · 1980 Main Street · Irvine, California 92614 · 949-975-8400 · www.TheSportsClubLA.com

MONDAY

6:00-6:55	REV™ ✓ Karri Urode
6:30-7:30	Fig Yoga △ Newton Campbell
8:30-9:15	Hi-Lo To Go! Aileen Sheron
9:00-10:15	Yoga 1-2 △ Dusty Flowers
9:15-10:00	Definitions Aileen Sheron
9:30-10:25	REV™ ✓ Lisa Andrew
10:00-10:30	Deep Release Aileen Sheron
10:30-11:30	Sets & Reps Lisa Andrew
12:00-12:50	Step Circuit Joan Wenson
12:00-1:00	Rev2Core ✓ Norma Shechtman
12:00-1:00	Hatha Yoga 2 △ John Childers
12:50-1:00	Quick Abs! Joan Wenson
1:00-2:00	Yoga Sculpt △ Monica Carroll
5:00-5:55	REV™ ✓ Joan Wenson
5:15-6:15	Cardio Dance Cielle Summy
5:15-6:30	True Flow Yoga™ △ All Levels Brynn Rybacke
5:30-6:25	Indo-Row® ✓ Beth Chilcott
5:45-6:30	Speed! ✓ Kimball Theoret
6:15-6:30	Just Abs! Cielle Summy
6:30-7:15	STRONG Cielle Summy
6:30-7:45	Beginning Yoga △ Newton Campbell
7:15-8:15	Zumba Marika Crane

TUESDAY

6:30-7:25	Indo-Row® ✓ Tammy Smith
6:30-7:30	Yoga 1-2 △ Susan Macintosh
7:00-8:00	REV™ ✓ Eddie Gomez
8:00-9:00	BodyArt™Pilates △ Joan Wenson
9:00-10:00	TriBody Artwork △ Joan Wenson
9:30-10:30	Extreme Circuit Lisa Andrew
10:30-11:30	G.A.L.S.™ Lisa Andrew
12:00-1:00	Yoga 2 △ Paul DaSilva
12:00-12:50	REV™ ✓ Tammy Smith
5:30-6:15	Speed! ✓ Beth Chilcott
5:30-6:25	REV™ ✓ Kimball Theoret
5:30-6:30	BodyArt™Pilates △ Norma Shechtman
5:30-6:30	Step Edge Jill Goodwin/Cielle Summy
6:30-6:45	Just Abs! Jill Goodwin
6:30-7:25	Indo-Row® ✓ Beth Chilcott
6:30-7:45	Yoga 2 △ Audri Geary
6:35-7:30	REV™ ✓ Norma Shechtman
6:45-7:30	STRONG™ Jill Goodwin

WEDNESDAY

6:00-6:55	REV™ ✓ Karri Urode
6:30-7:30	Fig Yoga △ Newton Campbell
9:00-10:00	Definitions Joan Wenson
9:30-10:25	REV™ ✓ Aileen Sheron
10:00-11:00	Ballet & Stretch Joan Wenson
10:30-11:00	Extreme Abs △ Aileen Sheron
11:00-12:00	Total Body Power Flow △ Monica Carroll
12:00-1:00	Yoga 2 △ John Childers
12:00-1:00	Rev2Core ✓ Lars Platt
12:00-1:00 PM	Step, Sculpt & Core All Levels Michelle Koenemann
5:00-5:55	REV™ ✓ Joan Wenson
5:15-6:30	True Flow Yoga™ △ All Levels Brynn Rybacke
5:30-6:15	STRONG™ Cielle Summy
5:45-6:30	Speed! ✓ Norma Shechtman
6:15-6:30	Just Abs! Cielle Summy
6:30-7:30	Cardio Kombat Andy Park
6:30-7:30	Indo-Row™ Basics ✓ Andrew Dewitt
6:30-7:45	Vinyasa Flow 2 △ Paul DaSilva
7:30-8:30	Zumba Marika Crane

THURSDAY

6:30-7:25	Indo-Row® ✓ Paul Pabian
6:30-7:25	Yoga 1-2 △ Dusty Flowers
7:00-7:50	REV™ ✓ Lars Platt
8:00-9:00	BodyArt™Pilates △ Kristy Queypo
9:00-10:00	Definitions △ Jill Goodwin
9:00:10:00	Extreme Circuit Aileen Sheron
10:00-10:30	Deep Release △ Aileen Sheron
10:00-10:45	Intermediate Step Jill Goodwin
12:00-12:50	REV™ ✓ Tammy Smith
12:00-1:00	Yoga 2 △ Paul DaSilva
4:45-5:30	Step Edge Cielle Summy
5:15-6:30	True Flow Yoga™ △ All Levels Brynn Rybacke
5:30-6:15	Speed!! Tammy Smith
5:30-6:20	REV™ Basics <i>First Thursday of each Month</i> Norma Shechtman
5:30-6:25	Indo-Row® Beth Chilcott
5:30-6:30	Definitions Aileen Sheron
6:30-6:45	Just Abs! Aileen Sheron
6:30-7:45	Yin Yoga △ Dusty Flowers
6:35-7:30	REV™ ✓ Beth Chilcott
6:45-7:30	Deep Release Aileen Sheron

FRIDAY

6:00-6:55	REV™ ✓ Karri Urode
6:30-7:30	Yoga 2-3 △ Rachel Murray
8:30-9:45	Yoga Sculpt △ Monica Carroll
8:15-9:00	Hi-Lo To Go! Aileen Sheron
9:00-10:00	Sets & Reps Lisa Andrew
10:00-11:15	Restorative Pilates △ Norma Shechtman
10:05-11:00	REV™ ✓ Lisa Andrew
12:00-12:50	REV™ ✓ Fernanda Rocha
12:00-1:00	Step, Sculpt & Core Michelle Koenemann
12:00-1:00	Sports Yoga 1-2 △ Dusty Flowers
1:00-2:00	Yoga Sculpt △ Monica Carroll
5:00-6:00	BOX! Fahness Lutalo
5:30-6:45	Yoga 1-2 △ Audri Geary

SATURDAY

7:30-8:25	Adv. Pilates Mat △ Nygel Johnson
8:30-9:25	Indo-Row® Beth Chilcott
8:30-9:25	REV™ ✓ Karri Urode
8:30-9:30	Step Edge Cielle Summy
8:30-10:00	True Flow Yoga™ △ All Levels Brynn Rybacke
8:45-9:30	Super X-Train Norma Shechtman
9:30-9:45	Just Abs! Cielle Summy
9:30-10:25	REV™ ✓ Kim Nishida
9:45-10:30	Lower Cuts Plus Cielle Summy
10:00-10:30	Core Training △ Michelle Koenemann
10:00-11:00	Water Athlete Norma Shechtman
10:30-11:30	Zumba Marika Crane
10:30-12:00	Vinyasa Flow 2 △ Paul DaSilva
12:00-1:00	Yoga for Beginners △ Dusty Flowers
3:00-5:00	SC/LA Club Hike <i>Held 2nd Saturday of Month</i>

SUNDAY

8:30-9:25	REV™ ✓ Beth Chilcott
9:00-10:00	Hi-Lo Blast Linda Williams
9:30-10:25	Indo-Row® David Girling
9:30-10:30	REV™ ✓ Wende Lichon
9:30-10:45	Fig Yoga 2-3 △ Newton Campbell
10:00-10:45	Definitions Linda Williams
10:45-11:00	Just Abs! Linda Williams
11:00-12:15	Yoga 1-2 △ Serena Moen

THE FINEST SPORTS AND FITNESS COMPLEX IN THE WORLD™

△ Classes marked with this symbol are located in Studio 2.

✓ Classes marked with this symbol require "sign-up." Sign-ups begin 30 minutes prior to class with the Fitness Attendant who is located at the Fitness Desk.

Please note the class schedule is modified periodically to address Member feedback, class popularity and participation level. Classes with low participation (less than 10) are subject to cancellation. If you enjoy a class, be part of its success by being consistent in your participation.

Group Exercise Manager · Patricia Soley

FOR UP TO THE MINUTE SUBBING & SPECIAL EVENT INFORMATION CALL OUR SCHEDULE HOT LINE: 949.251.6390 x 6554

Please consider the environment before taking a class schedule. Schedules can be referenced online or outside our Group Exercise Studios.

BODYMIND

ADVANCED PILATES: This class builds upon basic Pilates movements while introducing more challenging exercises suitable for the advanced Pilates participant.

BALLET & STRETCH: This intermediate dance inspired workout combines basic ballet skills to stretch and elongate your body. No ballet experience required.

BODYART™ PILATES: Movements emphasize building a strong lower back and abdominals to enhance strength, muscular symmetry, alignment, flexibility, grace and coordination. All levels.

FIG YOGA: This class utilizes the unique basic elements of Southern California Yogi Newton "Fig" Campbell. Breathe and be present in the moment. Build amazing strength, agility and flexibility.

HATHA YOGA: A class based on an ancient Indian form of movement that promotes balance, flexibility, strength and relaxation through various postures and breathing techniques. All Levels

RESTORATIVE PILATES: End your week with this relaxing blend of stretching capped off with intense core work.

SPORTS YOGA: All the great benefits of a Yoga class combined with sport specific sequences that will help you improve performance and flexibility while connecting your body and mind. A must for all types of athletes!

TRIBODY ARTWORK: A perfect combination of strength, balance and stretching. This workout focuses on all aspects of fitness, including relaxation exercises that help improve posture and flexibility.

TRUE FLOW YOGA™: An innovative blend of traditional yogic disciplines combined into unique and vigorous vinyasa flow sequences that synchronize breath with movement. Equal attention is given to both strengthening and stretching so that the body becomes balanced, toned, supple and free from injury. The classes are characterized by anatomical precision, philosophical eloquence and spiritual curiosity. Guided into ease, practitioners easily challenge their boundaries and leave with a renewed feeling of invigoration and awareness.

VINYASA FLOW: Vinyasa is a fluid style of Hatha Yoga, combining Ashtanga and Iyengar Yoga influences with mindful breathing and meditation techniques to cultivate a deep flow of breath, awareness, alignment, strength and flexibility. Intermediate to Advanced.

YOGA SCULPT: A total body workout utilizing free weights and body bars as you move through traditional yoga poses. Enhance muscle tone, core strength and overall well being. All levels

YOGA FOR BEGINNERS: A class designed to teach the fundamentals of Yoga in a non-intimidating environment. A must for anyone considering a Yoga program. All levels.

YOGA LEVEL 1: Ideal for beginning students. Learn correct alignment, breathing and basic postures.

YOGA LEVEL 2: Ideal for intermediate students. Basic postures are presented but in more challenging and varied manner.

YOGA LEVEL 3: Recommended for advanced students seeking more difficult sequences and variations. Previous Yoga experience required.

BODY SCULPTING

DEFINITIONS: A strength conditioning class utilizing weights, bands, body bars and stability balls. This class is designed to improve strength and definition.

EXTREME ABS: An extended 30 minute abdominal workout combined with lower back strengthening exercises designed to promote core stability and redefine your waistline! Ab-solutely great! All levels.

G.A.L.S.™: Gluteus, Abdominals & Legs! Join us for a guaranteed muscle conditioning workout that focuses on the mid to lower areas of your body.

JUST ABS! This 15 minute class helps develop that washboard look. Focus on firming and defining the abdomen which plays an important role in maintaining good posture and a healthy back. All fitness levels.

QUICK ABS! A ten minute version of our popular "Just Abs" workout offered during lunch hour and designed to help achieve your "six-pack" goals! All levels.

SETS AND REPS: Get ripped, lean, and sleek utilizing an innovative plate loaded barbell system. Burn calories, increase lean muscle mass and improve strength and endurance. Guaranteed to be an intense, total body blowout! All levels.

STEP, SCULP & CORE: This fast paced class gives you some of everything. Get your cardio through a step workout then tone your body using a variety of resistance tools to give you a full body workout.

STRONG™: This group weight training workout uses the strength equipment as the primary resistance tool. The goal of the class is to improve muscular strength and endurance while providing a safe and effective workout with guaranteed results! All levels.

DEEP RELEASE: This stretch class focuses on myofascial release using specific stretches and rolling techniques with a tennis ball and foam roller.

CARDIO / DANCE

LOWER CUTS PLUS: This strength class is designed to facilitate muscular endurance with special attention on working the lower body. Come and joins us for lean legs and better results in your strength training routine.

CARDIO DANCE: A dance infused workout that incorporates moves which lift your heart rate and spirits to a new level. Intermediate to advanced.

CARDIO KOMBAT: Movements which are unique to boxing, kickboxing and martial arts, are combined to form this cardiovascular endurance class. No previous martial arts experience is required.

CLUB HIKE: This is a two hour hike outside the club suitable for intermediate fitness participants. The location varies each month. Please call the club for more details.

EXTREME CIRCUIT: A total body sports training workout that will break through your own physical limitations and bring you to the next level of fitness. Intermediate to advanced.

ZUMBA: A fusion of Latin and International music.

Experience this dynamic and effective workout using the principles of internal resistance training to maximize caloric output, fat burning and total body conditioning.

CARDIO/SPORTS & ATHLETICS

HI-LO BLAST: A fun, high energy 60 minute class designed to provide intermediate and advanced members with a high intensity cardiovascular workout. This class includes a warm-up, a cardiovascular hi/low workout and cool down. Intermediate to Advanced.

HI-LO TO GO! An efficient 45 minute cardio blast designed to give you a quick, yet effective workout! Includes warm-up, cardio and stretch. Intermediate.

INDO-ROW®: Indo-Row is an intense, calorie-blasting, total body indoor rowing workout created by Josh Crosby, world champion rower. Appropriate for all ages and fitness levels, Indo-Row challenges both your body and mind taking your training to a new level. Please sign up at the Fitness Desk 30 minutes prior to class.

INDO-ROW™ BASICS: Learn the fundamentals for a successful Indo-Row experience. This class covers set up, rowing technique, safety considerations and terminology.

SPEED! Grab your ear buds and join us on the 4th floor for a challenging treadmill workout designed for walkers and runners of all fitness levels. You'll get all the coaching you need to achieve maximum results.

STEP CIRCUIT: This class is designed to provide an interval workout consisting of eight circuit stations that work different muscle groups. The stations are broken up with cardio work on the step. Join us for this fun and exciting workout!

STEP EDGE: This 60 minute step workout is full of dance choreography and complex combinations. This fast paced class includes a warm-up, an extended step workout and cool down. Prior Step experience recommended. Advanced level.

SUPER X-TRAIN: Walk, run, and climb your way to fitness in this ultimate cross training class which utilizes both treadmills and elliptical machines.

WATER ATHLETE: A great class to add to your repertoire. Once a week we will run, walk, kick and play in the water to help balance your workouts. No equipment needed. Meet us at the pool for a fun and playful workout. All levels welcome!!

REV™ INDOOR CYCLING

REV™: Start pedaling and let go as your Instructor takes you on the ride of your life. This class is an incomparable aerobic workout using a specialized stationary bike in a group exercising setting. All levels.

REV2CORE: Enjoy the benefits of a complete workout with a cycling class burns calories and incorporates 10 minutes of core work to tone your midsection. Intermediate.

REV™ BASICS: Learn the fundamentals necessary for pedaling your way to a successful cycling experience. This intro class covers proper set up, riding technique, form safety considerations and terminology.



The goal of our award winning Group Exercise Program is to provide you with professional instruction and a safe, effective, well balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training and BodyMind™ awareness. Many of our classes are geared for all levels of fitness. Some are more appropriate for beginning, intermediate or the advanced exerciser. We encourage you to take a few minutes to read these class descriptions so that you can get the most out of your workout and remain injury free. If you have any questions or need assistance with any exercise, feel free to see your Instructor. Prior to taking any group exercise class it is highly recommended to complete your Complimentary Training Session with a SC/LA Private Trainer. Appointments can be made at the Fitness Desk.

STUDIO ETIQUETTE:

1. Classes are a group activity; we request following the Instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. We suggest novice cyclists arrive 5 minutes early for set-up instructions.
4. Signed up participants must be on their reserved equipment within 5 minutes after class begins or their spot is given to the first person on waitlist.
5. Use of personal audio devices and/or cellular phones are prohibited and we request that pagers be on silent mode.
6. Be considerate of other Members' exercise space.
7. Keep conversation to a minimum.
8. Please do not enter before the current class has finished.
9. Appropriate exercise attire must be worn.
10. Reserving places is not permitted.
11. Gym bags are not permitted in the studio.
12. Water must be in an enclosed, unbreakable container.
13. Food is not permitted.
14. We recommend the use of a towel.
15. Members may not use Club stereo equipment.
16. Please remember personal hygiene and refrain from wearing perfume or cologne.
17. Please return all equipment to the proper storage area.

CLUB HOURS: Monday - Friday: 5:00 am - 11:00 pm
Saturday, Sunday: 7:00 am - 7:30 pm

FKO HOURS: Monday -Thursday: 8:30 am - 1:30 pm; 4:30 - 8:00 pm
Friday: 8:30 am - 1:30 pm
Saturday, Sunday: 8:00 am - 1:00 pm

The workout areas close 30 minutes prior to Club closing.