

THE SPORTS CLUB/LA GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE July 6th, 2010

Rockefeller Center · 45 Rockefeller Plaza (International Building) · New York, New York 10111 · 212.218.8600 · www.TheSportsClubLA.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 Pure Sculpt Jean Baptiste	7:00-8:00 Results! Frank Moran	7:00-7:45 Indo-Row™ ✓ Avery Washington	7:00-7:45 REV™ Yvonne Levy	7:00-8:00 Results Frank Moran	10:00-11:00 Definitions Jean Baptiste	10:30-11:15 Body Blast Chellamar Bernard
7:00-7:45 REV™ Tanaz Mody	7:00-8:15 Morning Vinyasa 2-3 Δ Michael Lechonczak	7:15-8:00 Pilates Mat Δ Christina Gloger	7:00-8:00 Drills & Define Chellamar Bernard	7:00-8:15 Morning Vinyasa 2-3 Δ Michael Lechonczak	11:00-12:00 Contact Kickboxing Chellamar Bernard	11:15-11:30 Abs Blast Chellamar Bernard
7:45-8:00 Abs Only Jean Baptiste	12:00-12:15 Abs Only Stephanie Levinson	7:45-8:00 Abs Only Avery Washington	11:45-12:00 Stoked Abs Kira Stokes	12:00-12:15 Abs Only Aida Palau	11:00-12:00 Pilates Mat Δ Gabriela Cardenas	11:30-12:30 Ultimate Boxing Chellamar Bernard
11:45-12:15 REV™ Basics <small>*1st Monday of month Avery Washington</small>	12:00-1:00 Power Hour Yoga 2-3 Δ Angel Vasquez	8:00-8:45 REV™ Avery Washington	12:00-1:00 Yoga Therapy Δ Juhi Singh	12:00-1:15 Anusara Inspired Yoga 1-2 Δ <small>NEW</small> Jerry/Rhana	4:00-5:30 Vinyasa Yoga 2-3 Δ Michael McArdle	
12:00-1:15 Vinyasa Yoga 2-3 Δ Michael McArdle	12:15-1:00 Ultimate Burn Off Stephanie Levinson	12:00-1:15 Anusara Inspired Yoga Δ <small>NEW</small> Laleh/Rhana	12:00-1:00 Stoked 360 Kira Stokes	12:15-1:00 Body Blast Aida Palau		
12:00-12:45 Results Frank Moran	12:15-1:00 TreadTrain ✓ Andres Herrera	12:00-12:15 Abs Only Ilaria/ Constance	12:15-1:00 TreadTrain ✓ Andres Herrera	12:15-1:00 REV™ Joanna Paterson		
12:30-1:15 REV™ Avery Washington	12:30-1:15 REV™ Pablo Toribio	12:15-1:00 Forza™ Ilaria/ Constance	12:30-1:15 REV™ Avery Washington	1:00-1:15 Abs Only Ricardo Andre		
12:45-1:00 Abs Only Frank Moran	1:00-2:00 Definitions Jean Baptiste	12:15-1:00 REV™ Andres Herrera	1:00-1:45 Body Bar Challenge Stephanie Levinson	1:15-2:00 The Boxer's Workout Ricardo Andre		
1:00-1:45 Contact Kickboxing Frank Moran	1:00-1:45 Breathe & Stretch Δ Tina Orloff	1:00-1:15 Abs Only Ricardo Andre	5:30-6:15 DrumCORE <small>NEW</small> Tom Sharp	1:15-2:00 Pilates Plus Δ Christina Gloger		
1:15-2:00 Strength & Grace Δ Marlowe Fiskien	5:30-6:15 ZUMBA Ben Byrd	1:15-2:00 Boot Camp Xpress Ricardo Andre	5:30-6:45 Vinyasa Yoga 1-2 Δ Michael McArdle	5:30-6:30 Zumba Ben Byrd		
1:45-2:00 Abs Only Frank Moran	6:00-7:00 Vinyasa Yoga 1-2 Δ Jay Johnston	1:15-2:00 Pilates Plus Δ Tina Orloff	6:15-6:30 Abs Only Tom Sharp	5:30-6:30 Hatha Yoga 1-2 Δ Jerry Bianchini		
5:30-6:30 Pilates Mat Δ Gabriela Cardenas	6:00-7:30 <small>First Tuesday of month Yoga, Mozart, & Candlelight</small> Jay Johnston	5:30-6:15 TreadTrain ✓ Andres Herrera	6:30-7:15 REV™ Lisa Gausepohl x	6:00-6:45 REV™ Loi Jordon		
5:30-6:30 The Wedge Jon Giswold	6:15-6:45 Awesome Abs Loi Jordon	5:30-6:30 Hatha Yoga 1-2 Δ Jerry Bianchini	6:30-7:15 The Wedge Jon Giswold			
6:00-7:00 ShedTread ✓ Julie Bobek	6:30-7:15 REV™ Christopher Schram	5:30-6:30 On the Ball Jon Giswold				
6:30-7:15 REV™ Ryan Murray	6:45-7:30 POWER Sculpt Loi Jordon	6:30-6:45 Abs Only Jon Giswold				
6:30-7:30 Transform Δ Gabriela Cardenas		6:30-7:15 REV™ Rebecca Alexander				
6:30-7:30 <small>NEW</small> Old School Cardio Jon Giswold		6:45-7:15 Contact Express Frank Moran				
7:30-8:30 <small>NEW</small> Kickboxing Emma Paynter		7:15-7:45 Results! in 30 Frank Moran				

THE FINEST SPORTS AND FITNESS COMPLEX IN THE WORLD™

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

✓ Classes marked with this symbol require that you "sign-up." Sign-ups take place 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 · Lisa Gausepohl

FOR UP TO THE MINUTE SUBBING & SPECIAL EVENT INFORMATION CALL OUR SCHEDULE HOT LINE: 212.218.8640

Please consider the environment before taking a class schedule.

Schedules can be referenced online or outside our Group Exercise Studios.

BODYMIND

ANUSARA INSPIRED YOGA: The practice, developed by John Friend, places emphasis on precise biomechanical alignment of one's body. This vigorous practice incorporates the flow of Vinyasa, breath and longer held poses.

BREATHE & STRETCH: Focus on realignment while stretching major muscle groups. Increase flexibility and learn proper posture within a comfortable environment.

HATHA YOGA: Meaning physical, Hatha is based upon an ancient form of movement promoting balance, flexibility, strength and relaxation through various asanas (postures) and breathing techniques. All levels.

PILATES MAT: Improve your posture, strengthen and stabilize your core. This exercise system developed by Joseph Pilates helps create long and lean muscles.

PILATES PLUS: Add balls, bands and magic circles to the traditional mat workout and you've got Pilates Plus!

POWER HOUR YOGA: Take this fast paced Vinyasa class at lunch hour leaving invigorated and ready to face the rest of your hectic day. Intermediate to advance.

VINYASA YOGA: A fluid and flowing practice influenced by Ashtanga and Iyengar, blending breath and movement, awareness and alignment, strength and flexibility.

YOGA THERAPY: A 60-minute hatha yoga class that focuses on breathing, alignment and acupressure points. This class is designed for all levels and will help you ease the stress out of your daily life. Learn all about the postures' therapeutic benefits and so much more with Juhi Singh, certified yoga instructor and licensed acupuncturist to the stars. Be sure to schedule in Juhi's Yoga Therapy workout and experience the rejuvenation that her celebrity clientele is feeling and talking about.

YOGA, MOZART & CANDLELIGHT: Join Jay Johnston for a challenging and inspirational Vinyasa yoga class held on the first Tuesday of the month. Beginning to Intermediate.

YOGA LEVEL 1: Beginning students wishing to learn correct alignment, breathing and basic postures.

YOGA LEVEL 2: Intermediate students wishing to further develop strength, stamina and flexibility. Basic postures are presented in more challenging and varied manners.

YOGA LEVEL 3: Advanced students seeking more difficult sequencing and variation. Previous Yoga experience required.

BODY SCULPTING

ABS BLAST/ABS ONLY/STOKED ABS: This class helps you develop that washboard look. Exercises focus on firming and defining the abdominal region which play an important role in maintaining good posture and a healthy back. All levels.

AWESOME ABS: This challenging and effective workout, designed by Loi Jordon, will take your abdominal workout to the next level. All Levels.

BODY BAR CHALLENGE: This class, designed by Stephanie Levinson, is creative, fun and challenging. Push, pull and lift the body bar in all directions as you define and strengthen your entire body. All levels.

DEFINITIONS: Work every muscle, in every angle, in every way. This intense total body workout is designed to improve muscular strength and endurance. All levels.

DRILLS & DEFINE: It's an hour of power! Get cardio and resistance training in one intense package. Work hard, sweat and see results.

FORZA™: Based on authentic Japanese sword fighting moves, this class sculpts lean beautiful muscles and challenges the mind with easy-to-follow choreography.

ON THE BALL: Created by Jon Giswold, this muscle conditioning class uses the stability ball to uniquely challenge your core muscles on a whole new level. Enhance your strength, endurance, core and balance.

POWER SCULPT: This total body workout, designed by Loi Jordon, is a unique and challenging cardio sculpt class that combines muscle defining resistance training and fat blasting cardio drills.

PURE SCULPT: A straight forward, no nonsense approach to resistance training for a total body workout.

RESULTS!: A challenging and effective workout using free weights, body bars and steps. By working one muscle group at a time and emphasizing precise controlled movements, you will be sure to see results!

RESULTS! in 30: Frank Moran's signature challenging and effective sculpting workout in 30 minutes!

STRENGTH & GRACE: Marlowe's challenging total body workout combines strength training, core work and flexibility exercises. All levels.

THE WEDGE: An all-over body definition class utilizing the BodyWedge21 system for strength and flexibility training. This unique foam tool provides an incline and decline position not available in other formats.

TRANSFORM: Transform your body! This workout combines the most effective movements from Pilates, yoga, ballet, Lotti Berk, and traditional strength training. Intermediate to advanced.

CARDIO DANCE

ZUMBA: A fusion of Latin and international themed choreography that is easy to follow! This high energy mix of fun dance steps and body sculpting is a total body toning experience.

OLD SCHOOL CARDIO: Everything old is new again! Smile and sweat as you revisit classic cardio moves like the grapevine, cha-cha and pony in this fun, heart pumping and easy-to-follow cardio workout.

CARDIO/SPORTS & ATHLETICS

BODY BLAST: A cardio muscular conditioning class using intense drills, functional exercises and core techniques to make you burn and sweat.

BOOT CAMP: A circuit style class that takes you through cardio, strength training and agility drills. All levels.

CONTACT EXPRESS: This 30 minute kickboxing class, with free-standing heavy bags, is a great way to work up a quick sweat!

CONTACT KICKBOXING: You'll kick, punch, and sweat! This high energy class has an intense flow offering an incredible cardiovascular punching bag workout.

DrumCORE: Drum your way to a stronger core utilizing drum sticks and a stability ball. The CORE-ography is simple, but challenging. Work your core, break a sweat and test your drumming skills in this fun, easy to follow workout with Tom Sharp.

KICKBOXING: Martial arts, boxing and dance, this class is designed to help you improve your endurance, increase your flexibility and gain confidence.

INDO-ROW™: Indo-Row™ is an intense, calorie-blasting, total body indoor rowing workout. Appropriate for all ages and fitness levels, Indo-Row challenges both body and mind. Created by Josh Crosby, world champion rower.

SHEDTREAD: Spice up your treadmill routine by putting together cardio and resistance training. Shed the pounds and tone the body. All levels. Intermediate to advanced.

STOKED 360: Get it all with Kira Stokes' signature interval workout focusing on balance, lengthening, athletic and strength training. This intense surge to the body produces the results you've been striving toward.

THE BOXER'S WORKOUT: A serious approach to your cardio training. Challenge yourself with Ricardo's innovative regiment of cardio boxing drills. This class is open to all levels. Previous boxing experience is not required.

TREADTRAIN: Improve your cardiovascular endurance and speed as you are coached through this fast-paced treadmill routine. All levels are encouraged to walk or run during this goal oriented and high calorie burning class.

ULTIMATE BOXING: Experience the power, energy and heat in this blistering TKO workout. Packed with core conditioning movements and traditional boxing drills, this class will enhance strength, agility, and stamina. Move like a butterfly, sting like a bee.

ULTIMATE BURN OFF: Research reflects that the fastest and most efficient way to expend calories and tone the body is through intense interval training. This high calorie burning class includes resistance and sweat inducing drills.

REV™ INDOOR CYCLING

REV™: Start pedaling and let go as your instructor leads you on the ride of your life. Perfect for the fitness enthusiast, recreational cyclist or serious racer, Rev™ challenges both aerobic and anaerobic threshold through the use of interval training.

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. Held first Monday of the month.

ACHIEVE YOUR BEST LIFE

the sports club/la



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 that you follow 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 will be given to the first person on the waitlist.
5. Use of personal audio devices and/or cellular phones in class is 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 - Thursday: 5:00 am - 11:00 pm
Friday: 5:00 am - 10:00 pm
Saturday: 8:00 am - 8:00 pm
Sunday: 9:00 am - 7:00 pm

The workout areas close 30 minutes prior to Club closing.