



# THE SPORTS CLUB / LA CLUB HAPPENINGS

APRIL 2011



## CLUB NOTES



THE SPORTS CLUB/LA  
LOS ANGELES

### 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!

Information: See the Fitness Concierge



## GROUP EXERCISE

### NEW • BOOIAKA™ - IT'S THE WAY YOU MOVE

DATE: SATURDAY, APRIL 16TH • 1:30 TO 2:30PM

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



## FITNESS

### FIT TIP • NUTRITIONIST AVIVA POURMORADY

SODIUM: HOW MUCH DO YOU NEED?

Did you know that the average American consumes about three and a half pounds of sodium in one year? That is almost 10 times more than the amount required by the human body! Sodium in the diet, mainly in the form of salt. Salt is a mixture of 40% sodium and 60% chloride; therefore, the words "sodium" and "salt" are not synonymous. A food product may contain little salt and still contain sources of sodium. The human body requires about 500 mg of sodium per day, while the average American usually ingests between 2,300-6,900 mg each day. The safe and adequate daily intake for sodium is 1,500 mg per day. The following is a guide to the phrases used in sodium labeling:

- Sodium Free: 5 mg sodium/serving
- Very Low Sodium: 35 mg sodium/serving

- Low Sodium: 140 mg sodium/serving
- Reduced Sodium: 75% reduction from usual sodium content
- Unsalted: No salt added during processing to a food normally salted

Aviva is distinguished as a master of motivation through her expertise in food and nutrition. She has reached many people each year with a common-sense approach to healthy eating by educating individuals through public speaking, worksite wellness events, and recipe and menu writing. Aviva assists each individual with a tailored nutritional plan to achieve optimal goals with enduring results. Schedule your nutrition appointment today!

Information: Contact your Fitness Concierge at 310.473.1447 ext 142

### **FIT TIP • ADVANTAGE TRAINER NATANIA GOLDBERG**

#### **APRIL IS NATIONAL STRESS AWARENESS MONTH**

The best partner to battle against stress is exercise! How you react and choose to deal with stress can make the difference in reaching your fitness goals. Breaking the pattern that stress can create on your body is important in ensuring you steer clear of chronic stress. Chronic stress can have harmful and negative effects on your mind and body. The key is in how you respond. By choosing active coping with exercise, it can control the emotional and physical feelings of stress. We all know that movement does the body good, but you find yourself too stressed with your everyday life to fit it in. By taking the time to schedule your exercise on a weekly basis not only will you assist with relieving stress, but also in achieving an overall sense of wellness in your life.

Some stress busting benefits of exercise are:

**Movement Meditation** • When you start moving and focusing on something else you immediately start shedding the thoughts and worries of your day. Exercise can relax the tension in your muscles signaling to the brain that it can relax too.

**Feel Good Endorphins** • When you exercise you increase production of neurotransmitters in the brain known as endorphins, giving you a sense of focus and energy.

**Combat Cravings** • After a stressful event the body often craves simple carbohydrates and fat. Our typical response after a stressful event or day is to want to take a break. The difference is in how you choose to take that break. Do you take the break in comfort foods like sugars, quick fats and alcohol? Exercise provides a substitution. It can replace the craving that is self-defeating for your overall wellness and free you up to continue towards your ideal self.

When you exercise as a response to stress in your life, you are improving your psychology and well-being. First, you initiated it and second it is predictable. With this, you get a sense of belief and self-confidence in your ability to manage stress. You can choose to react by having exercise in your corner and win the battle against stress and the negative effects it can have on your life. To snap out of stress, try a quick walk around the block or a few minutes with a jump rope, a set of jumping jacks- anything to snap your mind out of the stress cycle. If you have not been in the habit of exercising hire a wellness coach to assist you in coming up with strategies to help you start. Hiring an Advantage Trainer that is also a Wellness Coach can help you get in the habit. As a nationally recognized Certified Personal Trainer and Wellness Coach, Natania's purpose with clients is to collaborate with them to design individualized and results oriented programs. Schedule your session today!

Information: Contact your Fitness Concierge 310.473.1447 ext 142

### **GET YOUR BUTT IN SHAPE FOR SUMMER • PRIVATE TRAINER KACIA SNYDER**

DATE: APRIL

Non-specific exercise will not give you that great rear profile that you're looking for. You have to work your derriere with sculpting exercises to get the glutes you desire. There are work-

outs to increase the size of your butt and thighs, workouts to re-shape and reduce, and there are workouts designed to generally tone your buttocks and thighs. It all comes down to how you are performing your exercises, the resistance you are using, and the combinations of the specific exercises your workouts consist of. Schedule a 30-minute butt sculpting demonstration with Kacia today.

Information: Call the Fitness Concierge



## SPLASH SPA

### PRODUCT LINE OF THE MONTH • DAYNA DECKER

DATE: APRIL

Alluring ambiance, multisensory experiences and a passion to reinvent the familiar through the progression of sight, sound, smell and function - this is the essence of DayNa Decker. Driven by innovative thinking and the notion that glamour and elegance can be juxtaposed with minimalist design and eco-balanced formulations for the home and body, DayNa Decker continues to push the envelope by modernizing products to seduce the senses and calm the effects of daily life. Be enraptured by the sensuous forms, intrigued by the pureness of the ingredients and hypnotized by the richness of the fragrance. All DayNa Decker products are 20% off!

Information: Stop by the Splash Spa

### TAX DAY 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



## 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 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.

### OLIVER 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 our Special Events Coordinator at 310.914.7533



### FOR KIDS ONLY

#### FOR KIDS ONLY

At The Sports Club/LA, the kids have fun, too! Under the guidance of early childhood specialists, Members' children ages 6 months through 12 years enjoy a fun, safe and creative environment while you enjoy your workout. For Kids Only is located behind the Club at 1803 Pontius Avenue.

Hours of Operation • Monday to Sunday • 9:00am to 1:00pm

Reservations are required and may be made up to three days in advance.

Information: Please call For Kids Only at 310.478.1565

#### PARENT TESTIMONIAL

"Both of my daughters love coming to For Kids Only. The facility is always immaculate and stocked with fun and educational toys. Most importantly, the team is attentive and caring. So, I can continually enjoy my workout knowing that my children are 100% happy and safe. The only problem is that they often burst into tears when it's time to leave For Kids Only...they want to stay all day!" – Shannon Keeley, 2 year For Kids Only Member.

#### CELEBRATE EARTH DAY

DATE: MONDAY, APRIL 18TH AND TUESDAY, APRIL 19TH • 9AM TO 1PM

Bring your children to For Kids Only to celebrate and learn all about Earth Day, which is on April 22nd. Since 1970, when Earth Day was founded, children and schools have been approached to support the formation and continuation of this special day since children have the largest stake in our planet's future well-being. At For Kids Only, children will have the opportunity to discover what Earth Day is all about by singing songs, coloring pictures and making crafts.

Information: Please call For Kids Only at 310.478.1565 to RSVP

#### THE SPORTS CLUB/LA FAMILY DAY

DATE: SUNDAYS • 11AM TO 2:00PM

Family Day is a Club tradition for children ages 6 months through 15 and their parents. Family Day is an opportunity for the entire family to play, get fit and have fun together.

Family Day Class Schedule:

Sign In • Front Desk • 1 to 1:30pm

Basketball Open Play • Basketball Courts • 11 to 1:45pm

Pool Open Swim • 11 to 1:45pm

Yoga, 1st and 3rd Sunday • Group Exercise Studio • 12 to 12:45pm  
 Hip Hop Dance 2nd and 4th Sunday • Group Exercise Studio • 12 to 12:45pm  
 Creative Movement • Group Exercise Studio • 12:45 to 1:45pm

Information: Please call For Kids Only at 310.478.1565



## THE SHOP

### WATER BOTTLE MANIA

DATE: APRIL

With summer and hot weather just around the corner, water bottles will become the must have product for the thirsty athlete. We are now featuring three of the best brands around.

- Lifefactory bottles are BPA-Free glass bottles wrapped in a cool-looking silicone sleeve. Beverages never tasted so good from a water bottle.
- Kor bottles stand out due to their most interesting and great looking design. They are made from BPA-Free Tritan.
- Camelbak bottles are also BPA-Free and have the most convenient "flip and sip" system for drinking on the run.

Information: Stop by THE SHOP by Pete's Sportswear

### LULULEMON

DATE: April

Our hottest workout line for women is now available for men! We currently have the full spring collection! Define jackets, Wunder Under Crops, Run Shorts and more. We are getting 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



## MICHAELJOHN

### HAIR COLOR NEWS

DATE: APRIL

This spring is all about vibrant color. Amp up your style! Experience the newest rich tones and the very latest techniques. Schedule a complimentary consultation today.

Information: To schedule your appointment at Michaeljohn Salon please call 310.444.7969

**MAKE-UP NEWS**

DATE: APRIL

Expect bold, bright and shimmering highlights from the new spring collection by Daily Dose Beauty, exclusively at Michaeljohn.

**SOLEIL HUILE CELESTE**

DATE: ARRIVING SOON

Incomparable brilliance and glamour for sun-exposed hair.

- UVA and UVB filters help protect hair from the sun's harmful rays
- Macadamia oil prevents hair from becoming dry
- Reflective micro-particles enhance shine

Information: Stop by Michaeljohn Salon