



# THE SPORTS CLUB / LA CLUB HAPPENINGS

APRIL 2011



THE SPORTS CLUB/LA  
ORANGE COUNTY

THE SPORTS CLUB/LA IS A PROUD SPONSOR OF



**APRIL 28TH - MAY 5TH**

FEATURING MORE THAN 400 FILMS FROM OVER 40 COUNTRIES.

TICKETS GO ON SALE APRIL 1ST. FOR MORE INFORMATION VISIT [WWW.THENEWPORTBEACHFILMFESTIVAL.COM](http://WWW.THENEWPORTBEACHFILMFESTIVAL.COM).

**SAVE THE DATE! SATURDAY, APRIL 30TH  
NEWPORT BEACH FILM FESTIVAL PARTY**

AT THE SPORTS CLUB/LA. DETAILS TO COME!



## CLUB NOTES

### 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



## FITNESS

### TRIATHLON TRAINING PROGRAM • MASTER SWIM INSTRUCTOR, ADAM WOLFENDEN AND PRIVATE TRAINER HERB UMPHREYVILLE

DATE: NOW

Triathlon coaching is now available for Members looking to complete triathlons from sprint to Olympic distances. Two and four week programs are available. Programs include:

- Initial Assessment
- Two Week Workout Program
- Periodization Training
- One Weekly Personal Training Session with Herb
- One Weekly Personal Swim Training Session with Adam that will focus on proper form and efficiency in the water.

Cost \$375 for two weeks, \$725 for four weeks.

Information: Call the Fitness Concierge

### 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 CLASSES • AQUA AEROBIC CLASSES

DATE: MONDAYS AND WEDNESDAYS, STARTING APRIL 18TH • 10 TO 11AM

Join us in the beautiful SC/LA Junior Olympic swimming pool for Aqua Aerobics!

Information: See the Fitness Concierge

### INTRO TO REV

DATE: THURSDAY, APRIL 14TH • 5:30 TO 6:30PM

Have you always wanted to jump into a REV indoor cycling class? REV may seem intimidating, but it is really user and beginner friendly. This introductory REV class will teach you proper form and technique, while working on drills to help you improve performance and understand cycling. All levels are welcome.

Information: See the Group Exercise Schedule

### CLUB HIKE

DATE: SATURDAY, APRIL 16TH • 11AM • TOP OF RIDGE PARK

Join us for beautiful hike! Meet at the Top of Ridge Park. Bring water, a snack, hat, sunblock and wear hiking or trail shoes.

Information: See the Fitness Concierge



## SPLASH SPA

### APRIL FOOLS DAY

DATE: FRIDAY, APRIL 1ST

Don't be a fool, enjoy \$20 off any 50-min service today only.

Information: Stop by the Splash Spa

### TAX RELIEF AT SPLASH

DATE: FRIDAY, APRIL 15TH

Tax deadlines can be dreary, we have your remedy. Combine a massage and facial and receive 20% off your total.

Information: Stop by the Splash Spa

### MAKEUP ME OVER

DATE: WEDNESDAY, APRIL 27TH

Come take part in our Colorescience event and receive a free gift. Let us color match your

makeup and save 30% off any Colorescience makeup purchase.  
Information: Stop by the Splash Spa



## **OLIVER café | lounge**

### **AMERICA'S FAVORITE PAST TIME IS BACK**

DATE: APRIL

Catch the Angels, Dodgers, or your other favorite team play ball on our HD TV's in OLIVER lounge. We will also be showing the NBA and NHL. Share in the action with happy hour specials and some great

### **POST TAX DAY COCKTAIL HOUR**

DATE: FRIDAY, APRIL 15TH

Taxes have you down? Grab a workout, relax in the spa, then join us in the lounge and unwind with a post tax cocktail.

### **STARBUCKS IS NOW SERVED AT OLIVER CAFÉ | LOUNGE**

We now proudly brew Starbucks! Come in and enjoy the delicious tastes and smells of Starbucks coffee here at OLIVER café | lounge. Come and enjoy your favorites like Caramel Macchiato, White Mocha, Green Tea lattes and much more!

### **NEW PROTEIN SMOOTHIES!**

DATE: NOW

OLIVER café is introducing a new line of protein smoothies. These shakes are created by trainers and are the best nutrition for your best body! Also available with our new lineup is Udo Oil. Udo Oil is a carefully blended mix of the finest Omega 3, 6 and 9 varieties of essential fatty acid sources for a healthier lifestyle.

### **SUSHI BAR**

DATE: NOW

Did you know that OLIVER café | lounge in Orange County has an amazing sushi bar? We receive fresh fish daily and prepare for you to order. Edgar is back for lunch! Stop in and say hello.

### **TACO THURSDAY**

DATE: THURSDAYS • 5PM TO 9PM

Taco Thursday is back here at OLIVER café | lounge, enjoy three tacos for \$5.

### **CORPORATE EVENTS | MEETINGS | PRIVATE PARTIES | SPECIAL EVENTS**

Date: NOW

If you are looking for just the right location to have a meeting or host a special event...Look to OLIVER café | lounge! We have one of the nicest facilities in OC for you to enjoy and share. We can provide enough space for your corporate meeting including all the necessities for success. We also have a gourmet menu for you to choose from to enhance any event. Information: Call or stop by OLIVER cafe | lounge

### **NETWORKING MIXERS AND CHILL-OUT PARTIES**

DATE: NOW

We can cater to your needs with a special networking mixer or happy hour party. Invite friends and co-workers and enjoy our lounge or a private event room. Information: Call or stop by OLIVER cafe | lounge



## 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.

Hours of Operation • Monday to Sunday • 8:30am to 1:30pm

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

Information: Please contact For Kids Only at 949.251.6335

### 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 contact For Kids Only at 949.251.6335

### FAMILY DAY

DATE: SUNDAYS • 10:30AM TO 2:00PM

Family Day welcomes children ages 6 months to 15 years to come to the club with their parents to play, get fit and have fun together!

Family Day Class Schedule:

Kids' Hip Hop Class with Devinn • Studio 1 • 11 to 11:45 am

Weekend Recess with Josh • Basketball Courts • 12 to 12:45 pm

Kids' Yoga Class with Rae • Studio 1 • 1 to 1:30 pm

Information: Please contact For Kids Only at 949.251.6335



## THE SHOP

### WATER BOTTLE MANIA

DATE: APRIL

With the summer and the hot weather just around the corner, water bottles will become the must have product for the thirsty athlete. At The Shop we will be 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! 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