

MONDAY

6:00 – 6:45am L1-3
REV
 REV Studio Kelly Strong

6:15 – 7:00am L1-3
Cardio Box
 GroupEx Studio Nadia Dubowyi

7:00 – 7:45am L1-3
Definitions
 GroupEx Studio Kelly Strong

7:00 – 8:00am L1-3
REV Plus
 REV Studio Nadia Dubowji

8:45 – 9:30am L1-3 **New**
Zenergy
 GroupEx Studio Maryanne Blake

9:30 – 10:30am L1-3
Circuit Strength
 GroupEx Studio Maryanne Blake

10:30 – 11:30am L1-3
Chain Reaction Sculpting
 GroupEx Studio Kenya Palmer

12:15 – 1:15pm L1-3
Zumba
 GroupEx Studio Alexa Malzone

12:30 – 1:15pm L1-3
REV
 REV Studio Jon Malone

5:30 – 6:30pm L1-3
Zumba
 GroupEx Studio Alexa Malzone

5:45 – 6:45pm L1-3
REV
 REV Studio E.J. Lanni

6:00 – 7:00pm L1-3
Splash Bootcamp
 Pool Karin Dumbaugh

6:30 – 7:30pm L1-3
Bosu Boot Camp
 GroupEx Studio Al St. George

TUESDAY

6:15 – 7:00am L1-3
REV
 REV Studio Jon Malone

6:15 – 7:15am L1-3
Bootcamp
 GroupEx Studio Lily Burns

6:30 – 7:15am L1-3
Tread and Shred
 Fitness Floor Upstairs Loft Mary George

7:15 – 8:00am L1-3
Total Body Blast
 GroupEx Studio Lily Burns

9:00 – 10:00am L1-3
Cardio Box
 GroupEx Studio Dennis Goldsmith

10:00 – 11:00am L1-3
Definitions
 GroupEx Studio Dennis Goldsmith

12:15 – 1:00pm L1-3 **New**
Cardio Blast
 GroupEx Studio Linda Sharkansky

1:00 – 1:15pm L1-3 **New**
ABSolution
 GroupEx Studio Linda Sharkansky

5:30 – 6:30pm L1-3
Athletic Flex
 GroupEx Studio Donny Fausey

5:30 – 6:30pm L1-3
REV
 REV Studio Alexa Malzone

6:00 – 7:00pm L1-3
Moms-to-be Prenatal Fit*
 FKO (2nd Floor) April Cowin

6:30 – 7:15pm L1-3
REV
 REV Studio Alexa Malzone

6:30 – 7:30pm L1-3
Cardio Kick Funk
 GroupEx Studio Al St. George

7:30 – 8:30pm L1-3
Fired Up!
 GroupEx Studio Al St. George

WEDNESDAY

6:00 – 6:45am L1-3
REV
 REV Studio Patrick Rooney

6:30 – 7:30am L1-3
Zen Bootcamp
 GroupEx Studio Donny Fausey

9:00 – 10:00am L1-3
Body by Donny
 GroupEx Studio Donny Fausey

10:00 – 11:00am L1-3
Zumba
 GroupEx Studio Liana Veda

12:30 – 1:15pm L1-3
REV
 REV Studio Alexa Malzone

12:00 – 1:00pm L1-3
Mommy Bootcamp*
 Studio 1 April Cowin

5:30 – 6:30pm L1-3 **New**
Cardio Step
 GroupEx Studio George Moore

5:45 – 6:45pm L1-3
REV
 REV Studio Jon Malone

6:30 – 7:30pm L1-3
Deep Definitions
 GroupEx Studio Sherry Catlin

7:30 – 8:00pm L1-3
Core Strength and Stretch
 GroupEx Studio Sherry Catlin

THURSDAY

6:15 – 7:00am L1-3
REV
 REV Studio Maryanne Blake

6:15 – 7:15am L1-3
Bootcamp
 GroupEx Studio Lily Burns

6:30 – 7:15am L1-3 **New**
Tread
 Fitness Floor Upstairs Loft Mary George

7:15 – 8:00am L1-3
Warrior Strength
 GroupEx Studio Maryanne Blake

9:30 – 10:30am L1-3
Smartbell Power
 GroupEx Studio Maryanne Blake

10:30 – 11:30am L1-3
Zumba
 GroupEx Studio Alexa Malzone

12:15 – 1:15pm L1-3
On the Ropes
 GroupEx Studio Loren Bookbinder

4:30 – 5:00pm L1-2 **New**
Pilates Body Beginners
 GroupEx Studio Luis Viana

5:00 – 5:30pm L2-3 **New**
Pilates Body Intermediate
 GroupEx Studio Luis Viana

5:30 – 6:30pm L1-3
Athletic Flex
 GroupEx Studio Chrys Papaefthemiou

5:30 – 6:30pm L1-3
REV
 REV Studio Kelly Cooney

6:30 – 7:30pm L1-3
Zumba
 GroupEx Studio Liana Veda

FRIDAY

6:00 – 6:45am L1-3
REV
 REV Studio Kelly Strong

6:30 – 7:30am L1-3
Zen Bootcamp
 GroupEx Studio Donny Fausey

7:00 – 8:00am L1-3
REV Plus
 REV Studio Nadia Dubowji

7:00 – 8:00am L1-3
Splash Athlete
 Pool Karin Dumbaugh

10:00 – 11:00am L1-3 **New**
Cardio Blast
 GroupEx Studio Sonja Agiomavritis

12:00 – 1:00pm L1-3
Mommy Bootcamp*
 Studio 1 April Cowin

12:30 – 1:15pm L1-3
REV
 REV Studio Mary George

5:30 – 6:30pm L1-3
REVive
 REV Studio Jon Malone

5:30 – 6:30pm L1-3
Definitions
 GroupEx Studio Al St. George

6:30 – 7:30pm L1-3
Fired Up!
 GroupEx Studio Al St. George

SATURDAY

7:45 – 8:30am L1-3
Kranking
 GroupEx Studio Karin Dumbaugh

8:30 – 9:15am L1-3
Hard Core Cardio
 GroupEx Studio Nadia Dubowji

8:45 – 9:45am L1-3
Splash Athlete
 Pool Karin Dumbaugh

9:00 – 10:00am L1-3
REV
 REV Studio Patrick Rooney

9:15 – 10:00am L1-3
Hard Core Cuts
 GroupEx Studio Nadia Dubowji

10:00 – 11:00am L1-3
Zumba
 GroupEx Studio Alexa Malzone

10:00 – 11:00am L1-3
Ultimate REV
 REV Studio Kelly Cooney

11:00am – 12:00pm L2-3
Iron Body
 GroupEx Studio Nadia Dubowji

12:00 – 12:15pm L1-3
ABSolution
 GroupEx Studio Nadia Dubowji

SUNDAY

9:00 – 10:00am L1-3
REV Plus
 REV Studio Nadia Dubowji

9:30 – 10:30am L1-3
Definitions
 GroupEx Studio Dennis Goldsmith

10:30 – 11:30am L1-3
Interval Boxing
 GroupEx Studio Dennis Goldsmith

11:30am – 12:30pm L1-3
Definitions
 GroupEx Studio Dennis Goldsmith

5:00 – 6:00pm L1-3
Cardio Sculpt
 GroupEx Studio Chrys Papaefthemiou

*Fee-based program. See class descriptions on back for details.

Group Exercise instructors are available for one-on-one and duet instruction. Please contact the Group Exercise Manager to schedule.

Look for special classes, workshops and master classes throughout the coming months which will be posted throughout the Club, at the Information Center and announced on the Group Exercise hotline.

Scheduled instructors may change without notice. Please note class schedule is modified periodically to address Member feedback and participation levels. Classes with low participation, less than 10, are subject to cancellation. Schedules may be modified during holidays.



THE SPORTS CLUB/LA

Club Hours
 Monday – Friday 5:30am – 11:00pm
 Saturday & Sunday 7:00am – 8:00pm
 Workout areas close 30 minutes prior to the Club.

4 Avery Street at Tremont, Boston, MA 02111
 Tel: 617.375.8200
 Schedule Hotline: 617.375.8555

Group Exercise Manager: Alexa Malzone
 Tel: 617.375.8548
 Email: amalzone@mp-sportsclub.com

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 MindBody awareness. Many of our classes are geared for all levels of fitness (L1-3) and some are more appropriate for beginning (L1), intermediate (L2) or the advanced exerciser (L3). We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury-free. Our instructors are here to help you. If you have any questions or need assistance with any exercise, feel free to speak with them. For personalized attention, many of our instructors are available for one-on-one or duet instruction. Prior to taking any group exercise class, it is highly recommended to complete your complimentary training sessions with a Private Trainer. Appointments can be made at the Fitness Desk.

BOXING

Cardio Box: Traditional kickboxing meets high energy cardio to forge this one, two punch of a class.

On the Ropes: Blending an intense cardio workout on the heavy bags with flawless technique and execution, Loren will train you like a fighter. One of the most effective ways to burn fat and gain lean muscle. Abs included!

Interval Boxing: Combine aerobic kickboxing moves with intervals of heavy bag work and get a total body cardiovascular and muscle toning workout.

BODY SCULPTING

Athletic Flex: This athletic conditioning class uses tools such as dumbbells or medicine balls to give you an overall total body workout.

Body by Donny: Nothing is off limits in this one hour workout with Private Trainer, Donny Fausey. He is sure to make you work up a sweat but he will make sure you are enjoying every minute of it! You will get a cardiovascular workout in which you will burn calories, melt away fat, and leave feeling energized!

Chain Reaction Sculpting: The muscles in the human body work in synergistic patterns to create movement. This class will use integrated movement patterns and resistance to develop a lean, sculpted appearance.

Circuit Strength: This high intensity strength training class combines short cardiovascular segments utilizing various tools while focusing on strength, balance, and core conditioning.

Core Strength & Stretch: An extended 30-minute abdominal workout combined with lower back strengthening exercises designed to promote core stability and refine your waistline.

Definitions: Work every muscle, in every angle, in every way. This intense total body workout is designed to improve muscular strength and endurance utilizing free weights and exercise tubes.

Iron Body: Train like an athlete in this class that focuses on strength, conditioning, and agility. This fast-paced, athletic style body sculpting workout will challenge you and leave you coming back for more!

Hard Core Cuts: A traditional sculpting class geared to those who want the benefits of weight training in a class setting. Using dumbbells, body bars, tubing, or medicine balls, this class will help give you the total body workout you are looking for.

Pilates Body – Lean and Strong: This class is a fusion of Pilates and Sculpting, otherwise known as “Pilates with Props”. Use light dumbbells and other various tools in the studio to get that long, lean, and strong body.

Smartbell PowerGlide: Strengthen and sculpt your total body while increasing your cardiovascular endurance. Smartbells follow the weight as opposed to pushing it, using and blending with the forces of gravity whenever possible.

Total Body Blast: Get ready to jump, lunge, squat, push, pull and rotate through this dynamic workout that will incorporate medicine balls, free weights, and your own body weight. Move the way the body was meant to move!

Zen Bootcamp: An intense but intelligent fusion of functional training and mind/body focus. This unique workout will inspire both your body and your mind.

Zenergy: Zenergy is a dynamic fusion class that maximizes the benefits of traditional yoga poses with powerful athletic movements through creative sequencing, resulting in a balanced mind-body experience.

ATHLETIC/CARDIO/DANCE

Boot Camp: Cardio, strength, and endurance rolled into one. Push your limits and get stronger with this no-holds-barred workout.

Cardio Sculpt: It's a hot class that offers the techniques of weight training, funk, kickboxing, and stretch for a full-body workout that gets the heart pumping and the body toned. Work every muscle, in every angle, and in every way.

Cardio Step: Challenge your mind and body to a new level in this creatively choreographed advanced step class. The choreography is exciting and the intensity is high to help you improve coordination, body awareness, and cardiovascular conditioning.

Fired Up! If you love to move and you are ready to DANCE... then get Fired Up!

Hard Core Boot Camp: A total body experience that is without a doubt a breath taker and a body burner. Christine Holmes has been making Boston sweat for over 15 years, and now she makes her debut at The Sports Club/LA. Be prepared to work like never before.

Hard Core Cardio: An intense, fun fusion of aerobics and cardiovascular raining. Hi/lo aerobics with a twist of funk, kickbox, and whatever else gets those hearts pumping and those bodies sweating!

Step and Abs: High energy Step class with 15 minutes of abdominal work.

Tread and Shred: This 45 minute treadmill class will lead you on a journey of flat roads, inclines, speed intervals, and recovery periods. WORK at your own level and pace as the instructor guides and motivates you through the course.

Warrior Strength: Awaken the warrior within you! Rely on the strength in yourself to run, jump, push, pull your way towards excellence. Class will consist of series of cardio segments designed to take you out of your plateau and on your way to your inner warrior.

Zumba: Ditch the workout and join the party! This fun, easy-to-follow cardio dance class incorporates Latin, Reggae, pop, and world music that will make you feel like you are partying on the dance floor.

REV™ – INDOOR CYCLING

REV: Start pedaling and let go as your instructor takes you on the ride of your life. It's perfect for fitness enthusiasts, recreational cyclists, or serious racers. REV challenges both your aerobic and anaerobic thresholds through the use of interval training.

REV Plus: Peak your cardiovascular conditioning in this advanced level cycling class with an extended cardio workout.

REVive: Join Jon in this free-form cycling class that will give you a chance to focus on the music and what your individual training needs are for that particular day.

SPLASH

Splash Athlete: Get cool in the pool with *Splash!* This invigorating class improves cardiovascular conditioning and muscular strength and endurance using the buoyancy and resistance of the water to give you a safe, effective, fun, and “no sweat” workout. *Splash* class is ideal for men and women of all fitness levels, those with back, knee and joint problems, and pre/post natal women.

Splash Core: This water workout will increase core stability and strength by combining intense and effective cardiovascular drills, with range of motion exercises and buoyant stretching positions. The use of buoyancy and resistance equipment will enhance muscular endurance training, balance, and aerobic conditioning. No swimming skills required.

Splash Bootcamp: Make a splash as you jump into this new bootcamp class. We incorporate the techniques and drills of a swim workout with the anaerobic and aerobic exercises used in aqua to create a circuit training experience in the water.

KRANKING

Find it only at The Sports Club/LA! The Krank Cycle is the newest innovation in cardiovascular fitness. Developed by the creators of Spinning, this workout gives you an upper body fat-burning, muscle-toning experience like you've never had! Fusion classes will combine Kranking with other parts of the body to give you a variety of workouts and levels of intensity. Don't miss this opportunity to “Krank it up” and introduce something totally unique to your training program.

Krank Lab/Basic Kranking: These are half hour classes that focus solely on the Krank Cycle. These classes are a cardio workout that specifically targets the upper body. It's fun, safe and effective.

PRE/POST NATAL

These classes are fee-based. Please contact April Cowin at acowin@mp-trainer.com for details and to register. Please have clearance from your doctor before beginning any pre or post natal exercise program.

Moms to Be: Pre-natal fitness. Calling all soon-to-be moms! Workout safely and appropriately before and during your pregnancy. Also get a chance to meet other moms.

Mommy Bootcamp: Post-natal fitness. Bring your baby! This class is specifically designed with the new mom in mind.

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. Be considerate of other Member's exercise space. Please do not crowd a Member who has arrived in class before you.
4. Please keep conversation to a minimum.
5. Please do not enter the classroom before the current class has finished.
6. Hand weights are not permitted during the cardio section of any class.
7. Appropriate exercise attire must be worn.
8. Reserving places is not permitted.
9. Gym bags are not permitted in the studio.
10. Water must be in an enclosed, unbreakable container. Food is not permitted.
11. In consideration of other Members, no cell phones in the studio and we request that pagers are on silent mode.
12. We recommend the use of a towel.
13. Members may not use stereo equipment.
14. Please remember personal hygiene and refrain from wearing perfume or cologne.
15. We request that all equipment be returned to the proper storage area.

Class Level Key

L1: Beginner
L2: Intermediate
L3: Advanced
L1-3: All Levels