

The Sports Club/LA | Boston Group Exercise Schedule | Summer 2010 effective 8/16/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 6:45am L1-3 REV REV Studio Kelly Strong	6:15 – 7:00am L1-3 REV REV Studio Jon Malone	6:00 – 6:45am L1-3 REV REV Studio Kelly Cooney	6:15 – 7:00am L1-3 REV REV Studio Maryanne Blake	6:00 – 6:45am L1-3 REV REV Studio Kelly Strong	7:45 – 8:30am L1-3 Krinking GroupEx Studio Karin Dumbaugh	9:00 – 10:00am L1-3 REV Plus REV Studio Nadia Dubowyi
6:15 – 7:00am L1-3 Cardio Box GroupEx Studio Nadia Dubowyi	6:15 – 7:15am L1-3 Bootcamp GroupEx Studio Lily Burns	6:30 – 7:30am L1-3 Zen Bootcamp GroupEx Studio Donny Fausey	6:15 – 7:15am L1-3 Bootcamp GroupEx Studio Lily Burns	6:30 – 7:30am L1-3 Zen Bootcamp GroupEx Studio Donny Fausey	8:30 – 9:15am L1-3 Hard Core Cardio GroupEx Studio Nadia Dubowyi	9:30 – 10:30am L1-3 Definitions GroupEx Studio Dennis Goldsmith
7:00 – 7:45am L1-3 Definitions GroupEx Studio Kelly Strong	6:30 – 7:15am L1-3 Tread and Shred Fitness Floor Upstairs Loft Mary George	9:00 – 10:00am L1-3 Body by Donny GroupEx Studio Donny Fausey	7:15 – 8:00am L1-3 Warrior Strength GroupEx Studio Maryanne Blake	7:00 – 8:00am L1-3 REV Plus REV Studio Nadia Dubowyi	8:45 – 9:45am L1-3 Splash Athlete Pool Karin Dumbaugh	10:30 – 11:30am L1-3 Interval Boxing GroupEx Studio Dennis Goldsmith
7:00 – 8:00am L1-3 REV Plus REV Studio Nadia Dubowyi	7:15 – 8:00am L1-3 Bodyweight Blast GroupEx Studio Lily Burns	10:00 – 10:45am L1-3 New Zumba GroupEx Studio Liana Veda	9:30 – 10:30am L1-3 Smartbell Power GroupEx Studio Maryanne Blake	7:00 – 8:00am L1-3 Splash Athlete Pool Karin Dumbaugh	9:00 – 10:00am L1-3 REV REV Studio Nicole Witkov	11:30am – 12:30pm L1-3 Definitions GroupEx Studio Dennis Goldsmith
8:45 – 9:30am L1-3 New Zenergy GroupEx Studio Maryanne Blake	9:00 – 10:00am L1-3 Cardio Box GroupEx Studio Dennis Goldsmith	10:45 – 11:15am L1-3 New Zumba Toning GroupEx Studio Liana Veda	10:30 – 11:30am L1-3 Zumba GroupEx Studio Alexa Malzone	10:00 – 11:00am L1-3 Chain Reaction Sculpting GroupEx Studio Kenya Palmer	9:15 – 10:00am L1-3 Hard Core Cuts GroupEx Studio Nadia Dubowyi	5:00 – 6:00pm L1-3 Cardio Sculpt GroupEx Studio Pia Lalli
9:30 – 10:30am L1-3 Circuit Strength GroupEx Studio Maryanne Blake	10:00 – 11:00am L1-3 Definitions GroupEx Studio Dennis Goldsmith	12:30 – 1:15pm L1-3 REV REV Studio Alexa Malzone	12:15 – 1:15pm L1-3 On the Ropes GroupEx Studio Loren Bookbinder	12:00 – 1:00pm L1-3 Mommy Bootcamp* Studio 1 April Cowin	10:00 – 11:00am L1-3 Zumba GroupEx Studio Alexa Malzone	
10:30 – 11:30am L1-3 Chain Reaction Sculpting GroupEx Studio Kenya Palmer	12:15 – 1:15pm L1-3 Step and Abs GroupEx Studio Linda Sharkansky	12:00 – 1:00pm L1-3 Mommy Bootcamp* Studio 1 April Cowin	4:45 – 5:30pm L2-3 Pilates Body – Lean and Strong GroupEx Studio Luis Viana	5:00 – 5:30pm L1-3 New Fit to Flex® GroupEx Studio Sonja Agiomavritis	10:00 – 11:00am L1-3 Ultimate REV REV Studio Kelly Cooney	
12:15 – 1:15pm L1-3 New Zumba GroupEx Studio Alexa Malzone	5:30 – 6:30pm L1-3 Athletic Flex GroupEx Studio Donny Fausey	5:00 – 5:30pm L1-3 New Fit to Flex® GroupEx Studio Sonja Agiomavritis	5:30 – 6:30pm L1-3 Athletic Flex GroupEx Studio Bridget Gillespie	5:30 – 6:30pm L1-3 Cardio Step GroupEx Studio Sonja Agiomavritis	11:00am–12:00pm L2-3 Iron Body GroupEx Studio Nadia Dubowyi	
12:30 – 1:15pm L1-3 REV REV Studio Jon Malone	5:30 – 6:30pm L1-3 REV REV Studio Alexa Malzone	5:30 – 6:30pm L1-3 Cardio Step GroupEx Studio Sonja Agiomavritis	5:30 – 6:30pm L1-3 Athletic Flex GroupEx Studio Bridget Gillespie	5:45 – 6:45pm L1-3 REV REV Studio Jon Malone	12:00 – 12:15pm L1-3 ABSolution GroupEx Studio Nadia Dubowyi	
5:30 – 6:30pm L1-3 Zumba GroupEx Studio Alexa Malzone	6:00 – 7:00pm L1-3 Moms-to-be Prenatal Fit* FKO (2nd Floor) April Cowin	5:45 – 6:45pm L1-3 REV REV Studio Jon Malone	5:30 – 6:30pm L1-3 REV REV Studio Kelly Cooney	6:00 – 7:00pm L1-3 Splash Core Pool Jennifer Gallagher		
5:45 – 6:45pm L1-3 REV REV Studio E.J. Lanni	6:30 – 7:15pm L1-3 REV REV Studio Alexa Malzone	6:00 – 7:00pm L1-3 Splash Core Pool Jennifer Gallagher	6:30 – 7:30pm L1-3 Zumba GroupEx Studio Liana Veda	6:30 – 7:30pm L1-3 Deep Definitions GroupEx Studio Sherry Catlin		
6:00 – 7:00pm L1-3 Splash Bootcamp Pool Nicole Witkov	6:30 – 7:30pm L1-3 Cardio Kick Funk GroupEx Studio Al St. George	6:30 – 7:30pm L1-3 Deep Definitions GroupEx Studio Sherry Catlin	6:30 – 7:15pm L1-3 REV REV Studio Kelly Cooney	7:30 – 8:00pm L1-3 Core Strength and Stretch GroupEx Studio Sherry Catlin		
6:30 – 7:30pm L1-3 Bosu Boot Camp GroupEx Studio Al St. George	7:30 – 8:30pm L1-3 Fired Up! GroupEx Studio Al St. George	7:30 – 8:00pm L1-3 Core Strength and Stretch GroupEx Studio Sherry Catlin				
7:30 – 8:30pm L1-3 New The Complete Boxer's Workout* GroupEx Studio Micah Nathan July 12 – August 16						



*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.