

The Sports Club/LA | Washington, DC Group Exercise Schedule | Summer 2010 effective 6/21/10

**MONDAY**

6:15 – 7:00am L1-3  
**REV**  
 Cycle Studio Amanda Watson

9:30 – 10:30am L1  
**REV**  
 Cycle Studio Sara Oliveri

10:00 – 11:00am L1-3  
**Zumba**  
 Studio 1 Elena Menshutkina

11:00am – 12:00pm L2  
**On the Ball**  
 Studio 1 Steve Ross

5:45 – 6:30pm L3  
**Interval Jump and Box**  
 Studio 1 Madeline Dolente

6:30 – 7:30pm L1-3  
**REV**  
 Cycle Studio Hansen Mak

6:30 – 7:30pm L1-3  
**Elevated Interval Training**  
 Studio 1 Gia-Ninh Chuang

6:30 – 7:30pm L1  
**Splash**  
 Pool Marsha Hawkins

7:30 – 8:30pm L2  
**Definitions**  
 Studio 1 Madeline Dolente

**TUESDAY**

6:15 – 7:00am L1-3  
**REV**  
 Cycle Studio Pat Potter

7:00-8:00am L2  
**Boot Camp**  
 Basketball Court Deon Young

7:00 – 8:00am L1-3  
**Fit a la Carte**  
 Studio 1 Mike Gray

9:30 – 10:30am L1-3  
**Splash**  
 Pool Tilly Gurman

11:00am – 12:00pm L1-3  
**Definitions**  
 Studio 1 Robert Teri

12:00 – 1:00pm L3  
**POW!**  
 Studio 1 Chris Wade

12:15 – 1:15pm L1-3  
**REV n Core**  
 Cycle Studio Robert Teri

12:15 – 1:00pm L1  
**Splash**  
 Pool Francisco Rodriguez

5:30 – 6:30pm L1-3  
**Definitions**  
 Studio 1 Mike Gray

6:30 – 7:30pm L1-3  
**Kukuwa Dance Workout**  
 Studio 1 Kukuwa Nuamah

6:30 – 7:30pm L1-3  
**REV**  
 Cycle Studio Anne Dougherty

7:30 – 8:30pm L2  
**Cardio Kickboxing**  
 Studio 1 Mindi Levitz

**WEDNESDAY**

6:15 – 7:00am L1-3  
**REV**  
 Cycle Studio Jason Vasquez

7:00 – 8:00am L1-3  
**(IST) Integrated Strength Training**  
 Studio 1 David Hall

9:30 – 10:30am L1-3  
**REV n Core**  
 Cycle Studio Sara Oliveri

10:30 – 11:30am L1-3  
**YA – LA**  
 Studio 1 Laurent Amzallag

12:00 – 1:00pm L1-3  
**Definitions**  
 Studio 1 Garry Jackson

5:45 – 6:30pm L1-3  
**Hi-Lo Blast**  
 Studio 1 Mindi Levitz

6:30 – 7:30pm L2  
**Definitions**  
 Studio 1 Neil Ortiz

6:30 – 7:30pm L1-3  
**REV**  
 Cycle Studio Madeline Dolente

6:30 – 7:30pm L1-3  
**Splash**  
 Pool Beth Antell

7:30 – 7:45pm L1-3  
**ABSolution**  
 Studio 1 Madeline Dolente

7:45 – 8:30pm L2  
**Sculpt and Glide**  
 Studio 1 Madeline Dolente

**THURSDAY**

6:15 – 7:00am L1-3  
**REV**  
 Cycle Studio Margaret Kilby

7:00 – 8:00am L2  
**Boot Camp**  
 Basketball Court Maggie Carter

9:30 – 10:30am L1-3  
**Splash**  
 Pool Kara Shulman

10:00 – 11:00am L3  
**POW!**  
 Studio 1 Chris Wade

11:00am – 12:00pm L1-3  
**Definitions**  
 Studio 1 Mike Gray

12:00 – 1:15pm L1-3  
**Rev & Realign**  
 Studio 1 Gia-Ninh Chuang

5:30 – 6:30pm L2  
**POW**  
 Studio 1 Deon Young

6:30 – 7:30pm L1-3  
**REV**  
 Cycle Studio Hansen Mak

6:30 – 7:30pm L1-3  
**Kukuwa Dance Workout**  
 Studio 1 Kukuwa Nuamah

7:30 – 8:30pm L2  
**Glutes and Core**  
 Studio 1 Neil Ortiz

**FRIDAY**

6:15 – 7:00am L1-3  
**REV**  
 Cycle Studio Kate Manolakas

9:30 – 10:30am L1-3  
**Splash**  
 Pool Beth Antell

9:45 – 10:30am L1-3  
**REV**  
 Cycle Studio Anne Dougherty

10:30 – 11:30am L2  
**Definitions**  
 Studio 1 Robert Teri

12:00 – 1:00pm L1-3  
**YA – LA**  
 Studio 1 Laurent Amzallag

12:15 – 1:15pm L1-3  
**REV and Core**  
 Cycle Studio Robert Teri

5:45 – 6:45pm L1-3  
**REV & Core**  
 Cycle Studio Sara Oliveri and Mindi Levitz

6:00 – 7:00pm L1-3  
**Afro-Brazilian Dance**  
 Studio 1 Angela Ingram

**SATURDAY**

8:30 – 9:30am L2  
**Definitions**  
 Studio 1 Mindi Levitz

8:30 – 9:30am L1-3  
**REV**  
 Cycle Studio Patricia Potter

9:00 – 10:00am L1-3  
**Splash**  
 Pool Eileen Chang-Berman

9:30 – 10:30am L1-3  
**Ultimate Boxing**  
 Studio 1 Justin Lee

10:00-11:00am L1-3  
**REV**  
 Cycle Studio Jason Vasquez

10:30 – 11:30am L3  
**Cardio Craze**  
 Studio 1 Mindi Levitz

11:30am – 12:30pm L2  
**Definitions**  
 Studio 1 Neil Ortiz

12:30 – 1:30pm L1-3  
**Zumba**  
 Studio 1 Elena Menshutkina

**SUNDAY**

9:00 – 10:00am L1-3  
**Splash**  
 Pool Eileen Chang-Berman

9:00 – 9:45am L1-3  
**REV**  
 Cycle Studio Pamela Kahn

9:30 – 10:15am L3  
**Hi-Lo Blast**  
 Studio 1 Dave Williams\* TBA\*

10:00 – 11:00am L1-3  
**REV Plus**  
 Cycle Studio Linus Chen

10:15 – 11:15am L2  
**Definitions**  
 Studio 1 Dave Williams\* TBA\*

11:15am – 12:15pm L3  
**Step Edge**  
 Studio 1 Gia-Ninh Chuang

12:30 – 1:30pm L1-3  
**Afro-Brazilian Dance**  
 Studio 1 Angela Ingram

**TOTAL FITNESS BLOCK**

Introducing class recommendations for members to get a complete workout, focusing on strength, cardio, and flexibility each weekend. Classes are highlighted on both schedules.



THE SPORTS CLUB/LA

**Club Hours**

Monday – Thursday 5:30am – 10:30pm  
 Friday 5:30am – 10:00pm  
 Saturday & Sunday 8:00am – 8:00pm  
 Workout areas close 30 minutes prior to the Club.

1170 22nd Street NW, Washington, DC 20037  
 Tel: 202.974.6600 Schedule Hotline: 202.974.6641  
 Group Exercise Department: 202.974.6632

Group Exercise instructors are available for one-on-one and duet instruction. Please contact Mike Gray, Group Exercise Manager at mgray@mp-sportsclub.com 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.

Please see back for class level key.

\*Instructors alternate weekends.

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 Mind Body 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.

## BODY SCULPTING

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**Definitions:** A total body workout designed to improve muscular strength and endurance utilizing free weights and other equipment. (45 – 55min.)

**Elevated Interval Training:** Bring your fitness level to new heights with this innovative cardio and strength workout! Stepping on and off the incline surface causes increased recruitment of the posterior chain, meaning your glutes work up to 85% harder than traditional training methods. Elevate your fitness and get into peak condition!

**Fit a-la-carte:** There will be no time wasted in this “mixed” format class. Exercises are formatted in 20 minute segments to maintain a high intensity. The order of the class will change weekly and participants are invited to take one, two or all three segments.

**Glutes and Core:** Core stability is essential when performing any body movement, and this class will deliver you a fantastic core workout. For added spice you will also be focusing on the biggest muscles in the body, the glutes. Expect to feel the benefits of this class very quickly.

**On The Ball:** Experience the magic of the stability ball as you are led through an amazing array of conditioning and strengthening exercises. You will never look at fitness balls the same again.

## DANCE

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**Afro-Brazilian Dance:** Combining Brazilian, Samba and Reggae rhythms, this class features traditional and contemporary dance steps. (60 – 75min.)

**Kukuwa Dance:** This class blends Latin, African and Caribbean rhythms into a low impact, high energy cardiovascular workout. (55min.)

**Ya-La:** “Ya-La” means “let’s go!”. This unique cardio/dance class offers a different rhythm, routine and theme every week. (60min.)

**Zumba:** A Latin and Salsa-themed dance class that provides a fun and healthy heart workout by emphasizing freestyle dance moves. (60min.)

## CARDIO

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**Cardio Craze:** Make your body sweat and beg for more! This class is all about movement as you learn fresh combinations every week. This IS the ultimate work out to sculpt and tone your body.

**Dance N Step:** This all out cardio class will get you dancing with the Step. Join the instructor as she breaks down the choreography block by block while utilizing the Step platform for the entire duration of class.

**Hi-Lo Blast:** This class offers a traditional Hi-Lo experience. Enjoy 45 minutes of segmented combinations that do not rely on choreography, so you can concentrate on the quality of every repetition.

**Step Edge:** Not for Step Rookies. Anything goes with this fat burning heart pumping workout with many advanced choreographed movements. Class pace is fast and efficient to keep you on your toes and wanting more.

## ATHLETIC SPORTS CONDITIONING

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**Boot Camp:** If you are looking for a challenge that will push your physical endurance and mental will power, Boot Camp is for you. You will experience a combination of exercises, drills and movement patterns that will tighten and tone your body. Hit hard, hit fast and hit the showers.

**Cardio Kickboxing:** Utilize punches and kicks from various martial arts disciplines in combination with traditional aerobic choreography, to experience a full body workout.

**POW, Cardio Combat, Ultimate Boxing:** Kick and punch your free standing heavy bag to develop the strength and power of a fighter. Learn fight combinations and conditioning drills designed for professional fighters. Your body will thank you afterwards.

**Sculpt and Glide:** Step into the world of cardio and resistance sculpting. This class will keep your body working continuously as you glide, slide and pump your way through a challenging yet fun routine of exercise.

## REV™ – INDOOR CYCLING

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**REV:** A vigorous cardio class on stationary bikes, that integrates music and cadence/resistance drills to simulate outdoor riding. Perfect for any fitness enthusiast, recreational cyclist, or serious racer. (45min.)

**Rev n Core:** If you are looking for the cardio vascular benefits of intense cycling and also want to learn the secrets of maximizing 10 minutes of core sculpting, this class is waiting for you.

**Rev & Realign:** Bring balance to your cycling workout with this “best of both worlds” workout. Start in the Rev Studio for a fun, high energy all terrain ride, and then transition into Studio 2 for a tune-up using yoga, pilates, and foam-roller techniques to increase muscular recovery and realign the body. Leave feeling stronger, longer and revitalized!

## AQUA

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**Splash:** Improve cardiovascular conditioning and muscular strength and endurance using the buoyancy and resistance of the water. No swimming skills required. (45 – 60min.)

## REV Rules for Class Participation

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All participants can sign up for class at the front desk 1 hour and 15 minutes before class begins.

## Studio Etiquette

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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.
16. One-hour classes end 5 minutes before end time.

## Class Level Key

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