

The Sports Club/LA | Washington, DC Group Exercise Schedule | Fall 2010 effective 9/13/10

MONDAY

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

9:30 – 10:30am L1
REV
 Cycle Studio Christianne Phillips

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 (Step) Interval Training
 Studio 1 Gia-Ninh Chuang

6:30 – 7:15pm L1
Splash
 Pool Marsha Hawkins

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

7:30 – 8:30pm L1-3
REV
 Cycle Studio Anne Dougherty

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 TBD

9:30 – 10:15am L1-3
Splash
 Pool Tilly Gurman

11:00 – 11:45am L1-3
Definitions
 Studio 1 Robert Teri

11:45am – 12:15pm L1-3
Tabata 20/10 Conditioning
 Studio 1 Rafal Tokicz

12:15 – 1:00pm L3
POW!
 Studio 1 Chris Wade

12:15 – 1:00pm L1
Splash
 Pool Francisco Rodriguez/
 Cynthia Jones

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

5:30 – 6:30pm L1-3
Definitions
 Studio 1 TBD

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 Garry Jackson

9:30 – 10:30am L1-3
REV n Core
 Cycle Studio Maggie Carter

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 Evy Mort

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

6:30 – 7:15pm 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 Evy Mort

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

9:30 – 10:30am L1-3
REV
 Cycle Studio Christianne Phillips

9:30 – 10:15am L1-3
Splash
 Pool Kara Shulman

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

11:00 – 11:45am L1-3
Definitions
 Studio 1 TBD

11:45am – 12:15pm L1-3
Tabata 20/10 Conditioning
 Studio 1 Gia-Ninh Chuang

12:15 – 1:00pm L1-3
Aqua Pi-Yo
 Pool Francisco Rodriguez

12:15 – 1:00pm L1-2
Step Basics
 Studio 1 TBD

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

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

6:30 – 7:15pm L1-3
Splash Power
 Pool Eileen Chang-Berman

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 Dara Duguay

FRIDAY

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

7:00 – 8:00am L1-3
Step-n-Cut
 Studio 1 TBD

9:30 – 10:15am L1-3
Splash
 Pool Beth Antell

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

11:00am – 12:00pm 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 n Core
 Cycle Studio Mindi Levitz

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

SATURDAY

8:30 – 9:30am L2
Definitions
 Studio 1 Aimee Richardson

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

9:00 – 9:45am 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

11:00am – 11:45pm L1-3
Splash Power
 Pool Beth Antell

11:30am – 12:30pm L2
Definitions
 Studio 1 Mindi Levitz

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

SUNDAY

9:00 – 9:45am 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*
 Gia-Ninh Chuang*

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

10:15 – 11:15am L2
Definitions
 Studio 1 Dave Williams*
 Gia-Ninh Chuang*

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.

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



THE SPORTS CLUB / LA

Group Exercise instructors are available for one-on-one and duet instruction. Please contact Trish Berry, General Manager at tberry@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/fusion cardio

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

Elevated (Step) 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.

IST (Integrated Strength Training): This intense class is designed with circuits of strength training alongside cardio bouts designed to raise your heart rate.

Glutes and Core: Core stability is essential when performing any body movement, and this class will deliver you a fantastic core workout. The majority of the class is spent on working the muscles of the lower body, including inner and outer thigh, glutes and abdominals (core). Expect to feel the benefits of this class very quickly as the instructor leads you through sequences of exercises. This class may use some props, such as dumbbells, bands and bars.

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.

Step-n-Cut: This class is organized with 10 minutes of cardio (basic step moves but intense) and then 10 minutes of strength training in a supersetting format. This pattern is repeated 3 times but with different cardio moves and different strength training exercises to target a variety of muscle groups. To raise the intensity of the exercises, balance, slowing down and jumping can be utilized.

DANCE

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

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.

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 Basics: This class is designed to get the desired cardio workout we all strive for by layering on basic choreography and power movement. Options will be given so all participants will be able to participate and have fun.

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

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/Interval Jump and Box: Step into the world of cardio and resistance sculpting. These classes will keep your body working continuously as you glide, box, slide, jump and pump your way through a challenging yet fun routine of exercises.

Tabata 20/10 Conditioning: Exercise Intelligence at its best! Based on the research of Dr. Izumi Tabata, this high-intensity training protocol is proven to maximize results and minimize your time in class. 20 seconds of full-out effort followed by 10 seconds of recovery is repeated 8 times per 4 minute set – a formula proven to maximize fat burning, increase athletic performance and cardiovascular capacity. The tabata protocol is proven to physiologically transform your body. (30min.)

REV™ – INDOOR CYCLING

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 to another studio for a tune-up using the foam roller. Through myofascial release and assisted deep stretching, bring your body back into balance and accelerate muscular recovery from other weekly workouts.

AQUA

Aqua Pi-Yo: An athletic blend of Pilates, which focuses on building strength in the deep muscles of the abdominal region, and Yoga poses, including various exercises for strength and flexibility while in an aqua environment. The class will offer exercise progressions to challenge all levels of participants.

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

Splash Power: This class is designed to take it up a notch from our original Splash classes. Splash Power may incorporate resistance training, interval training, and longer durations of cardio segments.

REV Rules for Class Participation

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

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

Class Level Key

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