

The Sports Club/LA | Miami Group Exercise Schedule | Fall 2010 effective 9/19/10

MONDAY

6:00 – 7:00am	L1-3
Boot Camp	Studio 1 Greg Corso
7:00 – 8:00am	L1-3
Toe-2-Toe Box	Studio 1 Carlos Zevallos
7:00 – 7:45am	L1-2
REV	REV Studio Aidan Rivera
8:00 – 9:00am	L1-3
Yoga All	Studio 2 Steven Herbst
8:00 – 9:00am	L1-3
Definitions	Studio 1 Tania Amthor
9:00 – 10:00am	L1-3
Pilates Mat	Studio 2 Nell Amos*
9:00 – 10:00am	L1-3
Zumba®	Studio 1 Eliana Bonilla
9:15 – 10:00am	L1-3
REV	REV Studio Arturo Ramos*
10:00 – 10:15am	L1-3
Abtastic	Studio 1 Private Trainer*
12:15 – 1:00pm	L1-3
REV	REV Studio Suzan Braun*
1:00 – 1:15pm	L1-3
AbExpress	Studio 2 Suzan Braun*
5:30 – 6:15pm	L1-3
REV	REV Studio Billy Garcia*
5:30 – 6:30pm	L1-3
BEGIN Yoga	Studio 2 Nell Amos*
5:30 – 6:30pm	L1-3
Streamline Sculpt	Studio 1 Jessica Smith*
6:30 – 7:15pm	L1-3
Heart Rate REV	REV Studio Billy Garcia*
6:30 – 7:30pm	L1-3
dancestreetlab™	Studio 1 Alvaro Noriega
6:30 – 7:45pm	L1-3
Yoga	Studio 2 Edmalia Constanza
7:30 – 8:30pm	L1-3
Final Cut	Studio 1 Lisa Gaylord
7:30 – 8:15pm	L1-3
REV: The Visual Experience	REV Studio Nestor Villalobos
8:00 – 8:15pm	L1-3
Streetch	Studio 2 Private Trainer

TUESDAY

6:00 – 6:45am	L1-2
Heart Rate REV	REV Studio Suzanne Witrock
7:00 – 8:00am	L1-2
Cardio Boot Camp	Studio 1 Richard Villalba
7:00 – 8:00am	L1-3
Tri Yoga	Studio 2 Aileen Febles*
9:00 – 9:15am	L1-3
Foam Roll	Studio 2 Private Trainer
9:00 – 10:00am	L1-3
Definitions	Studio 1 Esther Armendaiz
12:15 – 1:00pm	L2-3
Power Pilates	Studio 2 Helena Piccoli
12:15 – 1:00pm	L1-3
REV	REV Studio Javier Pineda*
1:00 – 1:15am	L1-3
AbFit	Studio 2 Javier Pineda*
5:30 – 6:15pm	L1-3
REV	REV Studio Javier Pineda*
5:30 – 6:30am	L3 New
Advanced Pilates Mat	Studio 2 Helena Piccoli
5:30 – 6:30pm	L1-3
Core Definitions	Studio 1 Terence McKinnon*
6:30 – 7:30pm	L1
Yoga 1.0	Studio 2 Steven Herbst*
6:30 – 7:30pm	L1-3
Zumba®	Studio 1 Betsy Dopico
6:30 – 7:15pm	L1-3
REV Pro	REV Studio Javier Pineda*
7:30 – 8:15pm	L1-3
REV	REV Studio Terence McKinnon
7:30 – 8:30pm	L1-3
TOE-2-TOE BOX	Studio 1 Carlos Zevallos
7:30 – 8:45pm	L3
Yoga 3.0	Studio 2 Steven Herbst*
9:00 – 9:15pm	L1-3
Streetch	Studio 2 Private Trainer

WEDNESDAY

6:00 – 7:00am	L1-3
Boot Camp	Studio 1 Greg Corso
7:00 – 7:45am	L1-3
REV	REV Studio Suzan Braun
8:00 – 9:00am	L1-3
Yoga All	Studio 2 Paul Richardson
8:00 – 9:00am	L1-3
On The Ball	Studio 1 Suzan Braun*
9:00 – 10:00am	L1-3
Zumba®	Studio 1 Erick Santana
9:00 – 10:00am	L1-3
NIA – The Body's Way	Studio 2 Lana Gelb
9:15 – 10:00am	L1-3
REV	REV Studio Arturo Ramos*
10:00 – 10:15am	L1-3
Abtastic	Studio 1 Private Trainer*
10:00 – 11:00am	L1-3
Pilates Proper	Studio 2 Nell Amos*
12:15 – 1:00pm	L1-3
Nick at Noon	Studio 1 Nick Kempen
1:00 – 1:15pm	L1-3
ABSolution	Studio 1 Nick Kempen
5:15 – 6:30pm	L1-3
Urban Yoga	Studio 2 Aileen Febles*
5:30 – 6:15pm	L1-3
REvolution	REV Studio Oscar Perez*
5:30 – 6:30pm	L1-3 New
Hard Body Meltdown	Studio 1 Jessica Smith
6:30 – 7:30pm	L1-3
Cardio Combat Box	Studio 1 Lisa Gaylord
6:30 – 7:15pm	L1-3
REV	REV Studio Oscar Perez*
6:30 – 7:30pm	L1-3
Pilates Mat	Studio 2 Jessica Smith
7:30 – 8:45pm	L1-3
Forrest Yoga	Studio 2 Liza Pitsirilios
7:30 – 8:30pm	L1-3 New
Martial Fusion	Studio 1 Jessica Smith

THURSDAY

6:00 – 6:45am	L1-3
Heart Rate REV	REV Studio Suzanne Witrock*
7:00 – 8:00am	L1-3
Cardio Boot Camp	Studio 1 Richard Villalba
7:00 – 8:00am	L1-3
Tri Yoga	Studio 2 Aileen Febles*
8:00 – 9:00am	L1-3
Core Definitions	Studio 1 Terence McKinnon*
9:00 – 10:00am	L1-3
Gyrokinesis®	Studio 2 Paul Thrussell
9:00 – 10:00am	L1-3
Zumba®	Studio 1 Betsy Dopico*
10:00 – 11:00am	L1-3
Buff Ballet	Studio 2 Paul Thrussell
12:15 – 1:00pm	L1-3
REV	REV Studio Javier Pineda*
12:15 – 1:00pm	L1-3
Yoga Express	Studio 2 Nell Amos
1:00 – 1:15am	L1-3
AbFit	Studio 2 Javier Pineda*
5:30 – 6:30pm	L1-3
Fit Punch®	Studio 1 Dabisson Balano
5:30 – 6:15pm	L1-3
REV	REV Studio Javier Pineda*
5:30 – 6:30pm	L1-3
Sculpt-i-lates	Studio 2 Esther Armendaiz
6:30 – 7:30pm	L1-3 New
Yoga 1.0	Studio 2 Steven Herbst*
6:30 – 7:30pm	L1-3 New
dancestreetlab™	Studio 1 Alvaro Noriega*
6:30 – 7:15pm	L1-3
REV Pro	REV Studio Javier Pineda*
7:30 – 8:15pm	L1-3
REV	REV Studio Suzan Braun*
7:30 – 8:30pm	L1-3
Toe-2-Toe Box	Studio 1 Carlos Zevallos*
7:30 – 8:45pm	L3
Yoga 3.0	Studio 2 Steven Herbst*
9:00 – 9:15pm	L1-3
Streetch	Studio 2 Private Trainer

FRIDAY

6:00 – 7:00am	L1-3
Boot Camp	Studio 1 Greg Corso
7:00 – 7:45am	L1-3
REV	REV Studio Steven Donald*
7:00 – 8:00am	L1-3
FitPunchBox	Studio 1 Dabisson Balano*
9:00 – 10:00am	L1-3
Cardio Bootcamp	Studio 1 Greg Corso
9:00 – 10:00am	L1-3
Pilates Mat	Studio 2 Helena Piccoli
9:15 – 10:00am	L1-3
Coached Cycling	Studio 1 Iassac Lee*
12:15 – 1:00pm	L1-3
REV	REV Studio Suzan Braun*
1:00 – 1:15pm	L1-3
AbExpress	Studio 2 Suzan Braun*
6:00 – 7:00pm	L1-3
Fit Lab	Studio 1 Richard Villalba*

SATURDAY

8:15 – 9:00am	L1-3 New
REV Ride	REV Studio Javier Pineda
9:15 – 10:00am	L1-3
REV	REV Studio Steven Donald*
9:00 – 10:00am	L1-3
KettleBell	Studio 1 Yvonne Castaneda
9:00 – 10:00am	L1-3
Pilates Mat	Studio 2 Paul Richardson
10:00 – 11:00am	L1-3
Zumba®	Studio 1 Tania Amthor
10:15 – 11:00am	L1-3
REV Plus	REV Studio Arturo Ramos*
10:00 – 11:15am	L1-3
Vinyasa Yoga All	Studio 2 Paul Richardson
11:15am–12:15pm	L1-3
dancestreetlab™	Studio 1 Alvaro Noriega
11:15am – 12:00pm	L1-3
REV	REV Studio Arturo Ramos*
11:15am – 12:15pm	L1-3
Choreography	Studio 2 Aidan Rivera
12:00 – 12:15pm	L1-3
ABSolution	Studio 1 Arturo Ramos*

SUNDAY

9:15 – 10:00am	L1-3
REV	REV Studio Suzan Braun*
9:00 – 10:00am	L1-3
Defined	Studio 1 Hilary Meyerson*
10:00 – 11:00am	L1-3
CardioBox	Studio 1 Hilary Meyerson*
10:15 – 11:00am	L1-3
REV II	REV Studio Suzan Braun*
11:15am – 12:30pm	L1-3
Yoga	Studio 1 Steven Herbst*
11:00 – 11:15am	L1-3
ABSolution	Studio 2 Susan Braun
5:00 – 6:15pm	L1-3
Yoga AMP'D	Studio 2 Paul Richardson*



T H E S P O R T S C L U B / L A

Club Hours
 Monday – Thursday 5:00am – 11:00pm | Friday 5:00 – 10:00pm
 Saturday & Sunday 7:00am – 8:00pm
 Workout areas close 30 minutes prior to the Club closing.

1441 Brickell Avenue, Miami, FL 33131
 Tel: 305.533.1199 Schedule Hotline: 305.381.3903
 Group Exercise Manager: Yvonne Castaneda
 Tel: 305.533.1199 x7923 Email: ycastaneda@mp-sportsclub.com
 www.TheSportsClubLA.com/Miami

*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 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.

MIND BODY

BEGIN Yoga: Build a solid yoga practice from the mat up with a BEGINner yoga class. You will find Balance, replenish Energy, pose with Grace and Integrate the practice of Namaste.

BodyArt® Pilates Mat: This class is a total mind/body workout, which focuses on precise concentrated movement using the mind to feel and focus the body. Movements emphasize building strong abdominals and lower back to enhance strength, muscular symmetry, alignment, flexibility, grace and coordination.

Gyrokinesis®: “Yoga for Dancers,” works on the entire body through seven natural elements of spinal movement: systematically and gently work the joints and muscles through rhythmic and undulating movements that stimulate the body’s internal organs. Different corresponding breathing patterns are integrated along with the movements. The result is a class in which postures are explored through fluid movements enabling the Member to leave class feeling refreshed and with a greater sense of well being.

Pilates Proper: BodyArt™ Pilates Mat class that incorporates various props. Your instructor will choose from the Ultra-Fit Circle, Foam Rolls, Resista-Bands, Dumbbells, Body Rolling Balls and most importantly your body as its own best prop. Each week a different prop will be introduced to the class.

Power Pilates: It’s far from traditional and it’s far from classical. A 45 minute lunch break with Power Pilates will leave you hungry for more. Basic Mat Pilates experience/knowledge required.

Sculpt-i-lates: A dynamic Pilates exercise class promoting increased range of motion and improving mind/body attention through standing work and floor work. Participants will use various props such as foam rollers, magic circle and thera-bands.

Tri Yoga: Open Yoga class for those seeking to try yoga as well as being geared toward multi-sport participants to enhance triathlon training by counter-balancing the body.

Urban Yoga: Improvisational yoga class inspired by anusara, iyengar, and vinyasa. Every class is unique, offering a blend of styles. The focus varies depending on the needs of the group. Join Aileen for the ever changing practice.

Yoga AMP'D: A Sunday afternoon practice incorporating Asanas, Meditation, Pranayama, and Devotion.

Yoga Express: A full hour paced practice for those with time on their mind. All the components of a longer practice packaged in a 60-minute class.

Yoga All: This class blends Ashtanga, Iyengar and other yoga styles to create an inspiring and well-balanced yoga experience. Asanas are sequenced to create a unique practice and meditative focus to unify the mind with body and breath.

Yoga 1.0: A flow based practice moving through Asanas in rhythm with the breath. All Levels.

Yoga 3.0: An integration of sun salutations, asana, pranayama, dharana, and dhyana to promote a fun safe practice. Expect the unexpected and be prepared to work, laugh and leave invigorated.

BODY SCULPTING

AB... -Express, -Fit, -Only, -Solution, -Tastic: Join our instructors after a class for an intense complete-core workout. Abs never felt so good.

Body Action: A sequence of events set to maximize the body’s potential. Follow a series of exercises and actions in order of strength, endurance, and power to produce results. Commit to a weekly regime and learn to push the most valuable piece of equipment anyone has ever known or owned...The Body.

Fit Lab: A Friday-evening cardio blast, agility building, movement driven, physically demanding class before the weekend.

Core/Definitions: Work every muscle, from every angle, in every way. Intense total body workouts designed to improve your muscular strength and endurance by utilizing free weights and body bars.

Defined: Hilary takes Definitions to the next level. Her Cardio Box reputation here at The Sports Club/LA – Miami holds the intensity record. Expect nothing less than a non-stop muscle-defining workout. Challenge your endurance and stay for her follow-up Cardio Box class.

Final Cut: Join Nike Athlete Lisa Gaylord as she turns it up a bit for her signature old-fashioned body sculpture. Just a few exercises never felt so good.

Foam Roll: A Self-Myofascial release technique that is used by athletes and physical therapists to inhibit overactive muscles. This is a form of stretching utilizing the concept of autogenic inhibition to improve soft tissue extensibility, thus relaxing the muscle and allowing the activation of the antagonist muscle. Muscles this technique are commonly used on include: Gastrocnemius, Latissimus Dorsi, Piriformis, and TFL/Iliotibial Band.

Jack&TheBox: Our Signature Definitions class combined with the original health club Step ReeBox aka “the box”. The adjustable elevated platform allows for added depth to both the upper and lower body. This triage of dumbbells, box, and body weight will be sure to improve strength, endurance and power as a result.

On The Ball: Round out your workout with our signature definitions class challenging your body in balance, core strength, coordination and flexibility using the physio/stability ball as your base of support.

Streamline Sculpt: A variation of balance, stability, and strength moves, this class uses a continuous flow of exercises designed to streamline and sculpt your entire body. Non-stop action-packed movement keeps the heart rate up for one super effective sculpting session.

Streetch: Elongate the muscles an extra length following an evening workout. Our Private Trainers will facilitate a 15 minute general stretch session.

DANCE

Buff Ballet: Ballet for everyone, Tutu not required. Join Paul Thrussell in the “workout for the dancers”, from the warm-up to the cool down.

Choreography: Pure Dance Instruction. Step into a sequence of articulated moves learned in combination and repeated to the music. Gain coordination, strength, stamina and agility as you learn the latest moves to the latest music.

dancestreelab™: Join Alvaro in this signature class based on HIGH ENERGY cardio-dance routines featuring the most current Hip Hop, Reggaeton, Pop, Latin, and World music and moves. So much fun, you'll want more.

NIA – The Body’s Way: A body-mind-spirit fitness program designed to move the body according to its specific design and structure. Martial arts, dancing arts, and healing arts are combined to condition the full body, while enjoying a barefoot dance. Experience creative movements to get fit, self-heal, and personally transform.

Zumba®: Combines high energy and motivating Latin music with unique moves and combinations that allow the Zumba® participants to dance away their worries. It is based on the principle that a workout should be fun and easy to do in order for Zumba® participants to stick to the fitness program and achieve long-term health benefits. Zumba® is not only great for the body, but is also great for the mind.

BOXING

TOE-2-TOE BOX: Experience the power, energy, and heat in this blistering TKO workout utilizing your own free-standing heavy bag. Packed with core conditioning movements and traditional boxing drills, this class enhances strength, agility, and stamina.

FitPunch™: Learn the essentials self-defense techniques while burning calories, toning core muscles, and improving overall coordination and health. A perfect combination of martial arts, kickboxing, self-defense and weight training as and all-in-one package.

Hardcore Kickbox: A unique blend of martial arts and cardio kickboxing combinations in a non-stop intense workout. This hardcore class will use heavy bags and target kick paddles to develop inner strength, flexibility, awareness, focus, and muscle tone for a mind and body connection. Let the martial attitude take over and move forward to the next level of your training routine.

ATHLETIC/SPORTS/CARDIO

Boot Camp: High voltage classes to maximize your strength, agility and stamina by challenging all of your muscles to work together as an integrated chain. This class provides a fun and innovative way to get cardiovascular, strength, and flexibility training all at the same time.

FIT: Functional Integrated Training – NASM certified trainer Oscar Perez guides you through a defined workout based on the NASM guidelines of strength and endurance. Use hand-held weights applied to multiplanar functional movements that guarantee results if you’re willing to work.

REV™ – INDOOR CYCLING – Reservations Required

Please contact the Club Reception Desk for details on the REV Hotline to reserve your REV bike before class.

Heart Rate REV: Geared towards the endurance athlete, this ride is based on heart rate training zones, so wear your monitor! The intensity of the classes increases as the season gets closer. Perfect for the triathlete, cyclist or other endurance athlete looking for a challenging workout.

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: The Visual Experience: Our newest instructor, Nestor, guides your indoor cycling ride set to music accompanied by simulated videos. Ride varying terrain, speeds, and sites to projected images and collaborative music.

REVolution: An intense non-stop pedal-driven cycling class geared to maximize your time. John never lets up on the energy or pulse of the class. Come in, set up and get moving.

TriREV/REV Pro/RevPlus: Just in time for your next Sprint Triathlon. TriREV helps participants get in an intense cycling workout specifically designed to help prepare for your next triathlon. Classes include short, intense intervals simulating your next race. Transitioning to a nearby treadmill for a quick post-ride run is optional. Classes are taught by triathletes with triathletes in mind. Participants are not required to be triathletes to participate.

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