

The Sports Club/LA | San Francisco Group Exercise Schedule | Summer 2010 effective 6/7/10

**MONDAY**

6:30 – 7:20am L2  
**REV**  
 REV Studio Albert Isordia\*

7:30 – 8:30am L2  
**Fit a la Carte**  
 Studio 1 Scott Morton\*

8:30 – 9:30am L2  
**Total Body Conditioning**  
 Studio 1 Scott Morton\*

9:00 – 10:00am L2  
**Ballet**  
 Studio 2 Ana Saroj\*

12:00 – 12:50pm L2  
**REV**  
 REV Studio Albert Isordia\*

5:00 – 6:30pm L1-3 **New**  
**Open Boxing Studio**  
 Boxing Studio STAFF\*

5:30 – 6:00pm L1-3  
**ABSolution**  
 Studio 1 Demetrios Demetriades\*

5:30 – 6:20pm L3  
**TriREV**  
 REV Studio Cassandra Bodlak\*

6:00 – 7:00pm L2  
**Total Body Conditioning**  
 Studio 1 Michael Walker\*

6:30 – 7:20pm L2  
**REV Rhythm**  
 REV Studio Cecily Guest\*

6:30 – 7:30pm L2  
**BOX at Night!**  
 Boxing Studio Sean Hall

7:00 – 8:00pm L1-3 **New**  
**Dancing with Michael**  
 Studio 1 Michael Parra\*

7:00 – 8:00pm L1  
**Stretch Release**  
 Studio 2 Michael Walker\*

**TUESDAY**

6:30 – 7:25am L2-3  
**TriREV**  
 REV Studio Joel Ramirez\*

6:30 – 7:30am L2  
**Total Body Conditioning**  
 Studio 1 Sergio Novoa\*

7:30 – 8:00am L1-3  
**ABSolution**  
 Studio 1 Joel Ramirez\*

8:30 – 9:30pm L1-2  
**Barre Length & Tone**  
 Studio 2 Ana Saroj

9:00 – 10:00am L2  
**REV Zone**  
 REV Studio Judy Truong\*

9:30 – 10:30am L1-3  
**Splash**  
 Pool Scott Morton\*

12:00 – 1:00pm L2  
**Total Body Conditioning**  
 Studio 1 Albert Isordia\*

5:30 – 6:15pm L1-2  
**Ball & Glide**  
 Studio 2 Judy Truong\*

5:30 – 6:20pm L2  
**REV Power Surge**  
 REV Studio Sergio Novoa\*

5:30 – 6:30pm L2  
**Zumba!**  
 Studio 1 Ana Saroj-Harris\*

6:30 – 7:20pm L2  
**REV**  
 REV Studio Michael Walker

6:30 – 7:30pm L2  
**Jungshin**  
 Studio 2 Annika Kahn\*

6:30 – 7:30pm L3  
**Cardio Kickbox**  
 Studio 1 Charles Gotlieb

7:30 – 8:30pm L2  
**BOX at Night!**  
 Boxing Studio Annika Kahn\*

**WEDNESDAY**

6:30 – 7:20am L2  
**REV**  
 REV Studio Scott Morton\*

7:30 – 8:30am L2  
**Fit a la Carte**  
 Studio 1 Scott Morton\*

8:30 – 9:30am L2  
**Total Body Conditioning**  
 Studio 1 Scott Morton\*

10:15 – 11:15am L2 **New**  
**Brazilian Boot Camp**  
 Studio 2 Isabella Staycer

12:00 – 12:50pm L2  
**REV**  
 REV Studio Buddy Macuha\*

5:30 – 6:00pm L1-3  
**ABSolution**  
 Studio 1 Sean Hall\*

5:30 – 6:30pm L2-3  
**Power Pilates**  
 Studio 2 Isabela Staycer\*

5:30 – 6:20pm L2  
**VideoREV**  
 REV Studio Michael Walker\*

6:00 – 7:00pm L2  
**Total Body Conditioning**  
 Studio 1 Cecily Guest\*

6:30 – 7:20pm L2  
**REV**  
 REV Studio Frank Villagran\*

7:00 – 8:00pm L1  
**Stretch Release**  
 Studio 2 Michael Walker\*

7:00 – 8:00pm L2  
**HipHop Jazz**  
 Studio 1 JD

**THURSDAY**

6:30 – 7:25am L2-3  
**TriREV**  
 REV Studio Joel Ramirez\*

6:30 – 7:30am L2  
**Total Body Conditioning**  
 Studio 1 Sergio Novoa\*

7:30 – 8:00am L1-3  
**ABSolution**  
 Studio 1 Joel Ramirez\*

8:30 – 9:30am L1-2  
**Barre Length & Tone**  
 Studio 2 Michael Parra\*

9:00 – 9:50am L1-2  
**TriREV**  
 REV Studio Cassandra Bodlak

9:30 – 10:30am L1-3  
**Splash**  
 Pool Barbara Lankamp

12:00 – 1:00pm L2  
**Total Body Conditioning**  
 Studio 1 Albert Isordia\*

5:30 – 6:15pm L1-2  
**Ball & Glide**  
 Studio 2 Judy Truong\*

5:30 – 6:20pm L2  
**REV Power Surge**  
 REV Studio Sergio Novoa\*

5:30 – 6:30pm L2  
**Cardio Kickbox**  
 Studio 1 Charles Gotlieb

6:30 – 7:20pm L2-3  
**REV Rhythm**  
 REV Studio Kevin Pura

6:30 – 7:30pm L2  
**Jungshin**  
 Studio 2 Annika Kahn\*

6:30 – 7:30pm L2  
**Zumba!**  
 Studio 1 Ana Saroj-Harris\*

**FRIDAY**

9:00 – 10:15am L2  
**Ballet**  
 Studio 2 Jose Comoda\*

10:15 – 11:15am L2  
**Brazilian Boot Camp**  
 Studio 2 Isabella Staycer

12:00 – 12:50pm L1-2  
**REV**  
 REV Studio Buddy Macuha\*

5:30 – 6:20pm L1-2  
**REV**  
 REV Studio Barbara Lankamp

5:30 – 6:30pm L2  
**Hip Hop Jazz**  
 Studio 1 Jomar Tagatac

5:30 – 6:30pm L2  
**BOX at Night!**  
 Boxing Studio Albert Isordia\*

**SATURDAY**

9:00 – 10:00am L3  
**Step Challenge**  
 Studio 1 JD

9:00 – 9:50am L2  
**REV Power Surge**  
 REV Studio Sergio Novoa\*

10:00 – 11:00am L3  
**Athletic Intervals**  
 Studio 1 Sergio Novoa\*

10:30 – 11:20am L2  
**REV**  
 REV Studio Michael Walker\*

10:30 – 11:30am L1-3  
**Splash**  
 Pool JD

11:00am – 12:00pm L3  
**BOX!**  
 Studio 1 John Cu\*

11:30am – 12:30pm L2  
**Pilates with weights**  
 Studio 2 Molly Sigman\*

12:00 – 12:30pm L1-3  
**ABSolution**  
 Studio 1 John Cu

4:00 – 5:00pm L2  
**Zumba!**  
 Studio 1 Leah Repsher

**SUNDAY**

9:00 – 10:00am L2  
**Step & Sculpt**  
 Studio 1 Benjie Go

10:00 – 11:15am L3  
**REVPlus**  
 REV Studio Kevin Pura

10:00 – 11:00am L2  
**Kickboxing**  
 Studio 1 Albert Isordia\*

11:00am – 12:00pm L2  
**On the Ball**  
 Studio 1 Judy Truong\*

4:30 – 5:20pm L1-2  
**REV**  
 REV Studio Barbara Lankamp

5:30 – 6:30pm L2  
**Total Body Conditioning**  
 Studio 1 Barbara Lankamp



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

\*Available for private instruction.  
 \*\*Sign up is required for the Kinesis Experience class. Please contact 415.633.3900 to sign up.  
 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.  
 Please see back for class level key.

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

747 Market Street, San Francisco, CA 94103  
 Tel: 415.633.3900 Schedule Hotline: 415.633.3936  
 Group Exercise/Mind Body Coordinator: Cecily Guest  
 Tel: 415.633.3937 Email: cguest@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 BodyMind 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.

## ATHLETIC CARDIO

**Athletic Interval:** Agility and speed drills create a fun, high-intensity cardiovascular challenge -The best in dynamic sports conditioning drills, strength training, and calisthenics. This class is not recommended for pre-natal participants.

**Cardio Kickbox:** Move and groove in this class featuring punch and kick choreography set to intense and empowering music. You'll burn fat, sculpt your waist and tone your upper body.

**Step & Sculpt:** Get the best of both worlds in this class featuring intervals of classic step aerobics and resistance training. Step combinations vary, dumb bells and bar bells are used for upper body conditioning. This class is not for pre-natal participants.

## BODY SCULPTING

**ABSolution:** Whether you're going for the "6-pack" or looking to redefine your waistline, this class is a quick and effective abdominal workout full of innovative exercises designed to promote core stability.

**Ball & Glide:** Feel the unique burn that gliding presents to your lower body and core while conditioning upper body with light weights and high repetitions. Small balls will be used to intensely target abs in a new way.

**Fit a la Carte:** There's no time wasted in this fitness based workout. Exercises are formatted into three, 20-minute intervals focused on legs, arms or abs. Each set is taught at maximum intensity for instant results. Participants may take one or all three 20-minute segments.

**Total Body Conditioning:** This is an excellent workout for those who want to build muscle and get a sculpted physique. Train your arms, legs, core and more using a wide variety of training techniques including jumps and lunges.

**On the Ball:** This one-of-a-kind conditioning class uses the stability ball for uniquely functional exercise to enhance your stamina, strength, endurance, core conditioning and balance. Discover muscles you never felt before.

## BOXING / MARTIAL ARTS

**Jungshin:** A unique blend of martial arts, Korean straight sword conditioning and modern strength drills. This class fuses ancient and new strikes, kicks, wrist strength and breath control.

**BOX!:** Prepare yourself for kicking and punching on a professional level. Fight combinations are formatted for focus mitts and freestanding heavy bags. Wraps, gloves and shin guards are provided, but we recommend that participants bring their own supplies for optimal performance.

**BOX at Night!:** Classes are held in the Boxing Studio located on the 2nd floor, adjacent to the windows facing market street.

## DANCE CARDIO

**Ballet:** Improve posture, tone muscles, and encourage coordination with traditional ballet barre exercises. Also, learn the basics of "center floor" combinations while focusing on body alignment. Ballet slippers are recommended.

**Hip Hop Jazz:** Blend together Hip Hop and Jazz in this fresh cardio class packed with today's latest dance moves. Leave the attitude at home, come in move, groove, and have fun!

**Step Challenge:** A challenging, high-energy, dance-style workout. This incredible class burns calories and builds stamina with intermediate to advanced step choreography.

**ZUMBA!:** A Latin and international dance based fitness party that makes cardiovascular training fun again! Shake your body and move to the beat of the latest in Salsa, Merengue, and Reggaeton!

## INDOOR CYCLING - REV

**REV:** Indoor cycling is an excellent way to jump start your weight loss or cardio routine. We recommend SPD clips in cycling shoes, cycling pants and a heart rate monitor for optimal performance.

**REV Plus:** Workout at a higher level in the intense cycling class featuring speed drills and anaerobic threshold sprints.

**TriREV:** This class is geared for tri-athletes and can be taken by the avid REV participant. Learn to climb better, attack faster, recover quicker, and improve your times.

**VideoREV:** Incorporate the visual side of exercising with movies, music videos, and inspiring bike races! You'll be transported to a place exercise meets entertainment. That's EXERTainment!

**REV Power Surge:** Gain strength, endurance and an athlete's focus in this coaching style cycling class. Heart rate monitors are recommended as the instructor will reference BPMs as well as RPMs to encourage high energy output.

**REV Rhythm:** This energetic cycling class will take you back to the days when indoor cycling ruled. Sprints, lifts, rhythmic climbs and presses are used to keep everyone in sync.

## SPECIALTY CLASSES

**Barre Lengthen & Tone:** Acquire a dancer's body in this unique callisthenic style class. Exercises include leg lifts, calf-raises, plie lunges, and inner-high work to tone the entire leg. Upper body exercises will encourage lift and posture without building large muscles. Each class begins with a moving warm up sequence.

**Brazilian Boot Camp:** This trademark class has been designed by Isabela Staycer who specializes in Pilates and sculpt conditioning. Participants will perform variations on familiar leg and upper body exercise and feel the burn. Abdominal routines will challenge even the most veteran exerciser.

**Candlelight Stretch:** Stretching is a relaxing yet vital part of every fitness routine. Increase range of motion, improve posture rejuvenate muscles.

Pilates with Weights: See the Mind Body schedule.

**Splash™:** Get cool in the pool with Splash! This invigorating class improves cardiovascular conditioning and muscular strength.

## Studio Etiquette

1. Classes are a group activity; please follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. Be considerate of other Members' 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 until the current class is finished.
6. Hand weights are not permitted in cardio classes.
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. Members may not use stereo equipment.
13. Please remember personal hygiene and refrain from wearing perfume.
14. We request that all equipment be returned to the proper storage area.

## Class Level Key

L1: Beginner  
L2: Intermediate  
L3: Advanced  
L4: All Levels

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.

The Sports Club/LA's Award Winning Group Exercise Program is presented by San Francisco's most dynamic and popular instructors. They are highly skilled professionals recognized as fitness industry leaders. Choose from a wide variety of exercise formats: Abs and Core Conditioning, Cardio Dance, Cardio Step, Sculpting, Boxing, Sports/Athletic Intervals, Indoor Cycling / REV, Pilates Mat, Ashtanga, Iyengar and Vinyasa Yoga, Gyrokinesis TM, and Splash TM in the pool. Our classes are geared for all levels of fitness unless indicated for intermediate or advanced. We invite you to read the following class descriptions as an overview of our program. Always know that our instructors are here to help you. Please consult them if you have any questions or need assistance with any exercise. We look forward to providing you with the best group exercise experience possible.