

The Sports Club/LA | San Francisco Group Exercise Schedule | Fall 2010 effective 9/13/10

MONDAY

6:30 – 7:20am L1-3
REV
 REV Studio Albert Isordia*

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

8:30 – 9:30am L2-3
Total Body Conditioning
 Studio 1 Scott Morton*

10:15 – 11:15am L2 **New**
Barre Lengthen & Tone
 Studio 2 Ana Saroj-Harris*

12:00 – 12:50pm L1-3
REV
 REV Studio Albert Isordia*

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

6:00 – 7:00pm L2-3
Total Body Conditioning
 Studio 1 Michael Walker*

6:00 – 6:50pm L2-3 **New**
REV Rhythm
 REV Studio Cecily Guest*

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

7:00 – 8:00pm L2
Dancing with Michael
 Studio 1 Michael Parra*

7:00 – 8:00pm L1-3
Stretch Release
 Studio 2 Michael Walker*

TUESDAY

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

6:30 – 7:30am L2-3
Total Body Conditioning
 Studio 1 Sergio Novoa*

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

9:00 – 9:50am L1-2
REV Zone
 REV Studio Judy Truong*

9:30 – 10:30am L1-2
Splash
 Pool Scott Morton*

12:00 – 1:00pm L2-3
Total Body Conditioning
 Studio 1 Albert Isordia*

5:30 – 6:15pm L1-3
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 L1-3
REV
 REV Studio Michael Walker*

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

6:30 – 7:30pm L2-3
Cardio Kickbox
 Studio 1 Charles Gotlieb

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

WEDNESDAY

6:30 – 7:20am L1-3
REV
 REV Studio Scott Morton*

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

8:30 – 9:30am L2-3
Total Body Conditioning
 Studio 1 Scott Morton*

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

12:00 – 12:50pm L1-3
REV
 REV Studio Buddy Macuha*

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

6:00 – 6:50pm L2 **New**
VideoREV
 REV Studio Michael Walker*

6:00 – 7:00pm L2-3
Total Body Conditioning
 Studio 1 Cecily Guest*

6:30 – 7:30pm L2 **New**
BOX at Night!
 Boxing Studio Jay Tapenainen*

7:00 – 8:00pm L1-3
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 L2-3
Total Body Conditioning
 Studio 1 Sergio Novoa*

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

8:30 – 9:30am L1-3
Barre Length & Tone
 Studio 2 Michael Parra*

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

9:30 – 10:30am L1-2
Splash
 Pool Barbara Lankamp*

12:00 – 1:00pm L2-3
Total Body Conditioning
 Studio 1 Albert Isordia*

5:30 – 6:15pm L1-3
Ball & Glide
 Studio 2 Judy Truong*

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

5:30 – 6:30pm L2-3
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 Isabela Staycer*

12:00 – 12:50pm L1-3
REV
 REV Studio Buddy Macuha*

5:30 – 6:20pm L1-3
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 L1-3
REV
 REV Studio Michael Walker*

10:30 – 11:30am L1-3
Splash
 Pool JD

11:00am – 12:00pm L2-3
BOX!
 Boxing Studio John Cu*

11:30am – 12:30pm L2-3
Pilates with weights
 Studio 2 Molly Sigman*

12:00 – 12:30pm L2
ABSolution
 Studio 1 John Cu*

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 L1-2
On the Ball
 Studio 1 Judy Truong*

4:30 – 5:20pm L1-3
REV
 REV Studio Barbara Lankamp*

5:30 – 6:30pm L2-3
Total Body Conditioning
 Studio 1 Barbara Lankamp*



*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 sweat hard, 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. Expect high repetitions and intense music selections.

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

BOX! / BOX at Night: 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. We recommend that participants bring their own supplies for optimal performance. Box at Night! Classes are held in the Boxing Studio on the 2nd Floor. Box at Night! is not recommended for beginners as it involves hitting heavy bags.

Jungshin: Set and designed by Annika Kahn, this class is 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.

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.

Dancing with Michael: This class is a blend of classic and contemporary dancing set to well-known popular music. After a warm-up, students will begin learning the moves for a selected song. Each step is broken down and repeated until the piece "performable."

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 and 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 this intense cycling class featuring speed drills, anaerobic threshold sprints, rhythmic climbing and high energy music selections.

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. High intensity music selections help keep everyone inspired.

REV Zone: Learn solid cycling techniques with a focus on heart rate efficiency. References to cadence, wattage and energy output will be made frequently to build stamina in the fat burning zone. Proper foot attire is necessary to participate in this workout. We recommend SPD cycling shoes or cross/trainers. All levels.

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!

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-thigh 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 trademarked class has been designed by Isabela Stayce who specializes in Pilates and sculpt conditioning. Participants will perform variations on familiar leg and upper body exercises and feel the burn. Abdominal routines will challenge even the most veteran exerciser.

Stretch Release: Stretching is a relaxing yet vital part of every fitness routine. Increase range of motion, improve posture, and 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. Non-swimmers will enjoy the workout. We recommend working one-on-one with one of our Swim instructors for basic pool skills.

Studio Etiquette

1. Classes are a group activity; please follow the instructor's routine at all times.
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, shoes, cell phones and open drink containers are not permitted.
10. Stereos are for instructor use only.
13. Please remember personal hygiene and refrain from wearing perfume.
14. Please return equipment to the proper storage area.

Class Level Key

Level 1 – Beginner: Level 1 classes are perfect for someone new to exercise classes or who would like to get back to basics. Classes are shorter or use fewer repetitions. Formats are set to teach alignment, awareness and injury prevention.

Level 2 – Intermediate: Level 2 classes are for intermediate students who would like an additional challenge. Classes have a varied format, induce heat or burn in the muscle and are taught with a faster pace.

Level 3 – Advanced: Level 3 classes are for experienced students with a required knowledge of the basics. These classes are not designed for those with injuries or who need special attention. Please speak with the instructor if you are new in class.

Level 1-3 – 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.