

The Sports Club/LA | Upper East Side Group Exercise Schedule | Fall 2010 effective 9/13/10

MONDAY

6:30 – 7:15am	L1-3
REV* REV Studio	Melissa Morin
8:30 – 9:15am	L2-3
Cardio Sculpt Studio 1	Genieve Gordon
9:30 – 10:15am	L1-3
REV* REV Studio	Rebecca Alexander
9:30 – 10:30am	L1-3
Pilates Mat Studio 2	Cherry Reins
9:30 – 10:30am	L1-3
Definitions Studio 1	John Tarmaggiore
10:30 – 10:45am	L1-3
Abs Only Studio 1	John Tarmaggiore
10:30 – 11:45am	L1-2
Ashtanga Yoga Studio 2	Evan Perry
11:30am – 12:30pm	L1-3
Splash Aqua Max Pool	Jill Karagezian
12:00 – 12:45pm	L1-3
REV* REV Studio	John Tarmaggiore
12:45 – 2:00pm	L1-2
Hatha Flow Yoga Studio 2	Suzanne Taylor
5:45 – 6:15pm	L1
REV Basics* REV Studio	10/4, 11/1, 12/6, 1/3 only.
5:45 – 6:30pm	L2-3
Athleticworks Studio 1	Angie Lee
6:30 – 7:15pm	L2-3
Combat* Studio 1	Angie Lee
6:30 – 7:15pm	L1-3
REV* REV Studio	Avery Washington
6:30 – 7:30pm	L1-2
TKO Technique Boxing Studio	10/4, 11/1, 12/6, 1/3 only.
6:30 – 7:30pm	L1-3
Pilates Mat Studio 2	Tina Orloff
6:30 – 7:30pm	L1-3
Splash Aqua Fit Pool	Dan Hogan
7:30 – 8:15pm	L1-3
REV* REV Studio	Avery Washington
7:30 – 8:30pm	L2-3
Definitions Studio 1	Bishop Garland
7:30 – 8:45pm	L2-3
Vinyasa Yoga Studio 2	Angel Vasquez

TUESDAY

6:30 – 7:15am	L1-3
REV* REV Studio	Rebecca Alexander
7:15 – 8:15am	L1-3
Pilates Mat Studio 2	Jonathan Urla
9:30 – 10:30am	L1-3
Splash Aqua Max Pool	Judy Wyman
9:30 – 10:45am	L1-2
Gentle Yoga Studio 2	Laleh Nader
9:30 – 10:30am	L1-3
BPW Studio 1	Tom Sharp
10:30 – 10:45am	L1-3
Abs Only Studio 1	Tom Sharp
11:00am – 12:00pm	L1-3
Pilates Mat Studio 2	Jack Hayes
12:00 – 1:15pm	L2-3
Vinyasa Yoga Studio 2	Amrit Ramkissoon
5:30 – 6:15pm	L1-3
Pilates Mat Studio 2	Robert Denton
5:30 – 6:30pm	L2-3
TKO Boxing Boxing Studio	Johnny Rodriguez
6:00 – 6:45pm	L1-3
REV* REV Studio	Joanna Paterson
6:00 – 7:00pm	L2-3
BodyWedge 21 Sculpt Studio 1	Chris Palacio
6:15 – 7:30pm	L1-2
Yoga Basics Studio 2	Johnny Anzalzone
7:00 – 8:00pm	L1-3
Dance Party Studio 1	Chris Palacio
7:00 – 8:00pm	L2-3
REV & Sculpt* REV Studio	Joanna Paterson
7:30 – 8:45pm	L1-3
Rockin-Yoga Studio 2	Karen Kassover
8:00 – 9:00pm	L2-3
Combat* Studio 1	Chellamar Bernard

WEDNESDAY

6:30 – 7:15am	L1-3
REV* REV Studio	Al Sipzener
6:30 – 7:30am	L1-3
Splash Aqua Max Pool	Judy Wyman
7:15 – 8:00am	L1-3
Definitions Studio 1	Sean Baptiste
8:15 – 9:15am	L1-3
Ultimate Bootcamp Studio 1	Unique Anderson
9:30 – 10:15am	L1-3
REV* REV Studio	Avery Washington
9:30 – 10:30am	L1-3
Splash Aqua Max Pool	Judy Wyman
9:30 – 10:30am	L1-3
Pilates Synergy Flow Studio 2	Jonathan Urla
9:30 – 10:30am	L1-3
Definitions Studio 1	Sean Baptiste
10:30 – 11:45am	L2-3
Vinyasa Yoga Studio 2	Amrit Ramkissoon
12:30 – 1:15pm	L1-3
Definitions Studio 1	Loi Jordan
6:00 – 6:30pm	L1-3
Awesome Abs Studio 1	Loi Jordan
6:30 – 7:15pm	L1-3
REV* REV Studio	Pam Oelerich
6:30 – 7:30pm	L1-2
Pilates Mat Studio 2	Bob DeNatale
6:30 – 7:15pm	L1-3
Definitions Studio 1	Loi Jordan
7:30 – 8:15pm	L1-3
REV REV Studio	Loi Jordan
7:30 – 8:30pm	L2-3
Power Center Studio 1	Laleh Nader
7:30 – 8:45pm	L2-3
Vinyasa Yoga Studio 2	Amanda Zapanta

THURSDAY

6:30 – 7:15am	L1-3
REV* REV Studio	Pablo Toribio
6:30 – 7:30am	L2-3
TKO Boxing Boxing Studio	Johnny Rodriguez
7:15 – 8:15am	L1-3
Pilates Mat Studio 2	Julietta Cuticone
9:30 – 10:15am	L1-3
REV* REV Studio	Pablo Toribio
9:30 – 10:30am	L1-3
Splash Aqua Max Pool	Jill Karagezian
9:30 – 10:30am	L2-3
MAXimum Burn Studio 1	Marcus Jackson
9:30 – 10:45am	L1-2
Gentle Yoga Studio 2	Laleh Nader
10:30 – 10:45am	L2-3
Abs Only Studio 1	Marcus Jackson
11:00am – 12:00pm	L1-3
Pilates Mat Studio 2	Tina Orloff
12:00 – 1:15pm	L2-3
Vinyasa Yoga Studio 2	Angel Vasquez
5:30 – 6:30pm	L1-3
Pilates Mat Studio 2	Jonathan Urla
6:00 – 6:45pm	L1-3
REV* REV Studio	Loi Jordan
6:00 – 7:00pm	L2-3
TKO Boxing Boxing Studio	Xavior Ross
6:30 – 7:30pm	L1-3
Pilates Synergy Flow Studio 2	Jonathan Urla
7:00 – 8:00pm	L1-3
Cardio Sculpt Studio 1	Loi Jordan
7:00 – 7:45pm	L1-3
REV* REV Studio	Matthew Waszen
7:30 – 8:30pm	L1-3
Meditation & Stretch Studio 2	Laleh Nader

FRIDAY

6:30 – 7:15am	L1-3
REV* REV Studio	Al Sipzener
6:30 – 7:30am	L1-3
Sunrise Yoga Studio 2	Amrit Ramkissoon
7:15 – 8:00am	L2-3
Cardio Sculpt Studio 1	Genieve Gordon
8:30 – 9:30am	L1-3
Define & Strengthen Studio 1	Johnny Anzalzone
9:30 – 10:15am	L1-3
REV* REV Studio	Loi Jordan
9:30 – 10:30am	L1-3
Splash Aqua Max Pool	Jill Karagezian
9:30 – 10:30am	L1-3
Pilates Mat Studio 2	Jack Hayes
9:30 – 10:30am	L2-3
BPW Studio 1	Tom Sharp
10:30 – 10:45am	L2-3
Abs Only Studio 1	Tom Sharp
10:30 – 11:45am	L2-3
Vinyasa Yoga Studio 2	April Martucci
12:30 – 1:15pm	L2-3
Cardio Sculpt Studio 1	Loi Jordan
12:30 – 1:45pm	L1-3
Yoga Blend Studio 2	Meghan Nichols
5:45 – 7:00pm	L1-2
Hatha Flow Yoga Studio 2	Suzanne Taylor
6:00 – 7:00pm	L1-3
REV Plus* REV Studio	Rebecca Alexander
6:30 – 7:30pm	L2-3
TKO Boxing Boxing Studio	Johnny Rodriguez
7:00 – 8:00pm	L1-3
Pilates Mat Studio 2	Elaine Hatcher

SATURDAY

9:00 – 9:45am	L1-3
zenergy Studio 2	Angel Vasquez
9:00 – 9:45am	L1-3
REV* REV Studio	Charles Paden
9:00 – 10:00am	L1-3
Splash Cardio Fusion Pool	Dan Hogan
9:30 – 10:15am	L2-3
Core Ball Studio 1	Stephanie Levinson
10:00 – 10:45am	L1-3
REV* REV Studio	Al Sipzener
10:00 – 11:00am	L1-3
Splash POOLates Pool	Tina Orloff
10:15 – 11:00am	L2-3
Cardio Sculpt Studio 1	Stephanie Levinson
10:15 – 11:30am	L2-3
Power Vinyasa Studio 2	Hwalan
11:00 – 11:45am	L1-3
REV* REV Studio	Melissa Morin / Al Sipzener
11:00am – 12:00pm	L2-3
Combat* Studio 1	Akin Williams
11:30am – 12:30pm	L1-3
Pilates Mat Studio 2	Elaine Hatcher
12:00 – 12:15pm	L1-3
Abs Only Studio 1	Marcus Jackson
12:15 – 1:15pm	L1-3
MAXimum Burn Studio 1	Marcus Jackson
12:30 – 1:30pm	L1-3
Body Contour Studio 2	Tina Orloff
1:30 – 2:45pm	L2-3
Yogilates™ Studio 2	Jonathan Urla
1:45 – 2:45pm	L1-3
Zumba Studio 1	Irena Meletioui
5:30 – 6:45pm	L1-2
Yoga Basics Studio 2	Netta Yerushalmy

SUNDAY

9:00 – 9:45am	L1-3
REV* REV Studio	Joanna Paterson
9:00 – 9:45am	L2-3
Cardio Sculpt Studio 1	Stephanie Levinson
9:00 – 10:00am	L2-3
TKO Boxing Boxing Studio	Chellamar Bernard
9:45 – 11:00am	L1-2
Vinyasa Yoga Studio 2	Amrit Ramkissoon
10:00 – 11:00am	L1-3
Zumba Studio 1	Lauren Rosenstein
10:00 – 10:45am	L1-3
REV* REV Studio	Joanna Paterson
11:00am – 12:00pm	L2-3
Abs, Butt & Thighs Challenge Studio 1	Elissa Hyman
11:00am – 12:30pm	L2-3
Ashtanga Yoga Studio 2	Evan Perry
11:15am – 12:00pm	L1-3
REV* REV Studio	Avery Washington
12:00 – 12:15pm	L1-3
Abs Only Studio 1	Sean Baptiste
12:15 – 1:15pm	L1-3
Definitions Studio 1	Sean Baptiste
12:30 – 1:30pm	L1-3
Pilates Mat Studio 2	Christina Gregori
1:30 – 2:30pm	L2-3
Transfigure Studio 2	Dana Chau
5:15 – 6:30pm	L2-3
Kundalini Yoga Studio 2	Amrit Ramkissoon
6:45 – 7:30pm	L1-3
REV* REV Studio	John Tarmaggiore
7:30 – 8:00pm	L1-3
Awesome Abs Studio 2	John Tarmaggiore

330 East 61st Street,
New York, NY 10065
Tel: 212.355.5100
Schedule Hotline: 917.286.9740



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.

Group Exercise Manager: Melissa Morin
Tel: 212.501.1429
Email: mmorin@reeboksportsclubny.com

*Sign up is required 45 minutes prior to Combat, REV™, REV™ & Sculpt. Combat sign-up sheets are located at the Fitness Desk. REV sign-ups: first class of day at Reception; all others on Club Level 5.

Club Hours

Monday – Thursday 5:00am – 11:00pm
Friday 5:00am – 10:00pm
Saturday & Sunday 7:00am – 9:00pm
Workout areas close 30 minutes prior to the Club.

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

Ashtanga Yoga: A challenging and flowing form of Hatha Yoga. It is designed to bring the body, mind and spirit into perfect alignment and function. The practice is sweaty, progressive and fun. Breath control (Ujjayi), isometrics (Bandhas), focused gazing (Drishiti) and the uninterrupted flow (Vinyasas) of traditional yoga postures (Asanas) are melded together to enhance self-control and self-awareness. The class works on the traditional Primary Series.

Pilates Mat: This class is a total body/mind 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.

Gentle Yoga: This yoga class is designed for all levels, including those recovering from injuries. Nurture your mind, body and soul as you lengthen and strengthen your body in a calm and peaceful atmosphere.

Hatha Flow Yoga: This flowing form of Hatha yoga focuses on the physical body through asana (posture) to develop muscular strength & flexibility and pranayama (breath) to calm the mind. This practice will leave the body & mind feeling content and pleasantly fatigued. Basic yoga experience is helpful.

Hatha Yoga: The presentation of each yoga class varies from teacher to teacher. In some classes you will flow, synchronizing movement and breath, while others are more instructional and detailed with precision in the poses.

Kundalini Yoga: Known as the yoga of awareness, Kundalini Yoga is based on the Kriya Yoga system. Use specific sets of asanas to combine a physical workout with dynamic breathing and mantras resulting in stronger and more balanced immune and nervous systems while bringing equilibrium to the mind, body and soul.

Meditation & Stretch: This full body stretch class, with guided meditation, will take you on a peaceful and refreshing journey.

Pilates Synergy Flow: Jonathan Urla, creator of Yogilates™, has put together a new and exciting Pilates workout. His latest creation combines a cardio pump workout with high energy floor and standing Pilates exercises. This class will keep your heart rate elevated as you develop functional alignment, balance, coordination and core strength. Sculpt your abs, legs, and chest while getting leaner, longer and more balanced. Get ready to get off the mat and maximize fat burning and toning.

Power Vinyasa: A challenging Vinyasa class that connects the breath to the movement to create a powerful, uninterrupted practice. This dynamic flow class helps to purify both the mind and body. Some yoga and/or basic athletic ability required.

Rockin-Yoga: “Rock” your yoga workout with Joanna Ross. This unique Anusara-based yoga class, taught to classic rock music, will focus on alignment and proper technique.

Vinyasa Yoga 1-2: Vinyasa is a fluid style of Hatha Yoga, combining Ashtanga and Iyengar influences with mindful breathing and meditation techniques to cultivate a deep flow of integration, breath and movement, awareness and alignment, strength and flexibility.

Yoga Basics: This class reviews the fundamentals of yoga, emphasizes personal instruction and provides each student with the solid foundation needed to develop a safe and beneficial yoga experience. No specific fitness level is required since you are always encouraged to work within your possibilities and limitations.

Yoga Blend: A therapeutic practice that integrates different styles of Yoga. Classes will include, breath practice (Pranayama), followed by a posture practice (Asana) that will focus on alignment and movement with the breath. Special attention will be paid to a gentle warm up of the body and strength in postures, and close with restorative techniques to help induce relaxation and reduce stress.

Yogilates™: Take your Pilates or yoga practice to a new level with this challenging and fun workout. Core floor exercises flow into seamless yoga sequences to develop a strong center, better coordination and a meditative grace.

BODY SCULPTING

Abs, Butt & Thighs Challenge: This 60-minute lower body workout, designed by Elissa Hyman, will flatten your abs, lift your glutes and contour your legs. Are you up for the challenge?

Athleticworks: Angie Lee’s aggressive cardio-strength workout combines sports specific movements, plyometrics, and traditional strength and core training. Get ready to maximize your competitive edge and athletic ability!

Awesome Abs/Abs Only: This class helps you develop that washboard look. Exercise focus on firming and defining the abdominals that play an important role in maintaining good posture and a healthy back.

Abs, Butt & Thighs!: Target those problem areas with this challenging, body-defining workout.

Body Contour: Contour your body with a fusion of Pilates, Gyrotonics®, ballet, strength training and flexibility exercises set to music. This unique workout, created by Tina Orloff, is a total body conditioning class that emphasizes core stability.

BPW (Bars, Plates, and Weights): Bars, Plates, and Weights are utilized in this ultimate strength training class. Increase muscle strength, endurance, and density while focusing on form and muscle fatigue. Grab a bar and raise yourself to the next level!

Cardio Sculpt: Muscular endurance and strength building exercise interspersed with cardio drills. The ultimate workout to sculpt and tone your entire body.

Define & Strengthen: Johnny’s challenging total body workout combines strength training, core work and flexibility exercises.

Definitions: Work every muscle, from every angle, in every way. This intense total body workout is designed to improve your muscular strength and endurance by utilizing free weights and body bars.

Power Center: Laleh will guide you through an invigorating workout focusing on core strength; created with an integration of yoga, fitness, Pilates and dance. You will tone and strengthen the body through various movements, balances, and stretches.

Transfigure: Join us for an intense total-body workout that combines the most effective movements from Pilates, yoga, ballet, Lotte Berk and traditional strength training.

zenergy: zenergy is a dynamic fusion class that maximizes the benefits of traditional yoga poses with powerful athletic movements through creative sequencing, resulting in a balanced mind body experience.

DANCE

Dance Party: Make your body sweat and beg for more! Train your body and your head with fresh combinations every week. Bring out the dancer in this totally joyful class!

Zumba: Turn up the heat, burn off the fat and have a blast in this Latin-inspired dance workout. Increase your cardio endurance in this easy to follow dance party that puts the fun back into fitness.

MARTIAL ARTS/BOXING

Cardio Kickbox: This calorie-burning workout is a blend of martial arts and boxing. Kick, punch and sweat!

Combat: This high-intensity interval training class uses free-standing heavy bags. Develop the stamina of a fighter and get into the best shape of your life with this combination of martial arts, boxing and conditioning drills.

TKO Boxing: Experience the power, energy and heat in this blistering TKO workout. Packed with core conditioning movements and traditional boxing drills this class will enhance strength, agility, and stamina. Move like a butterfly sting like a bee.

TKO Technique: Is your punch lacking power? Do you need help with your technique? This 60-minute TKO workout emphasizes proper form and reviews the basics of boxing. On the following dates only: 2/1, 3/1, 4/5, and 5/3.

ATHLETIC SPORTS/TRAINING

Core Ball: Work it all with a ball. This challenging and effective total body workout, designed by Stephanie Levinson, uses small weighted balls to strengthen and define. Sweat and sculpt your way to a better body.

MAXimum Burn: An exciting and challenging mixture of traditional sculpting moves and athletic drills. This class is designed to push you to your MAX.

TreadSWEAT: Burn calories, define your lower body and improve your cardio strength and endurance in this fun and motivating 45-minute treadmill workout. Walk or run.

Ultimate Bootcamp: This intense calorie-burning and muscular endurance workout is designed to improve your fitness level. Sweat and sculpt your way to a stronger and leaner body.

REV™ – INDOOR CYCLING

REV Basics: Learn the fundamentals of indoor cycling. This class covers proper set up, riding technique, form, safety considerations, and terminology. On the following dates only: 10/4, 11/1, 12/6, and 1/3.

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. Please take REV Basics prior to attending REV.

REV Plus: Peak your cardiovascular conditioning in this advanced level cycling class with an extended cardio workout.

REV & Abs: Start with 45 minutes of intense cycling, followed by 15 minutes of abdominal exercises in this calorie burning hour!

REV & Sculpt: Are you ready to take your fitness to the next level? Watch your body fat disappear as you work your body like never before in this ultra high intensity REV class that combines cycling with challenging sculpt drills.

SPLASH WATER CONDITIONING

Our Splash Aqua classes are ideal for men and women of all fitness levels. Working out in the pool is also a safe and effective choice of exercise for pre/post natal women and individuals with back, knee and joint problems. Get in the pool and work your body like never before with a variety of resistance equipment.

Splash Aqua Max/Splash Aqua Fit: A total body workout that will also improve your endurance and balance. Emphasis is placed on strengthening your legs, upper body and abdominals.

Splash Cardio Fusion: An invigorating and fun Splash class with an emphasis on improving your cardiovascular and muscular endurance.

Splash POOLates: Bring your Pilates workout into the water. POOLates uses the buoyancy and resistance of the water to strengthen muscles, increase flexibility and enhance posture. POOLates is gentler on the joints than land-based exercises and offers a challenging workout.

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

Class Locations

Pool — Club Level 1
Studio 1 — Club Level 3
Studio 2, Boxing Studio, Rev Studio — Club Level 5