

The Sports Club/LA | Boston Mind Body Studios Schedule | Summer 2010 effective 6/28/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00am L1-2 <b>Power Flow</b> Fire Kristen Darci*	6:30 – 7:45am L1-3 <b>Vinyasa Yoga All</b> Fire Jess Lopez*	6:00 – 7:00am L2-3 <b>Power Yoga</b> Water Cheryl Chong-Hunter*	6:30 – 7:45am L1-3 <b>Vinyasa Yoga All</b> Fire Jess Lopez*	6:00 – 7:00am L1-2 <b>Power Flow</b> Fire Kristen Darci*	9:00 – 10:30am L2-3 <b>Radiant Vinyasa Yoga</b> Fire Chanel Luck*	9:00 – 10:15am L2-3 <b>Perpetual Yoga</b> Fire Aaron Cantor*
10:00 – 11:15am L1-3 <b>Vinyasa All</b> Fire Ame Wren*	10:00 – 11:15am L2-3 <b>MaxPower</b> Water Adena Muncey*	7:00 – 8:00am L1 <b>Gentle Yoga All</b> Fire Kristen Darci*	10:00 – 11:15am L1-3 <b>PranaVayu</b> Fire David Magone*	7:00 – 8:00am L1-2 <b>Pilates Mat</b> Fire Swan Lyon*	9:00 – 10:15am L1-3 <b>Yoga Basics All</b> Water Claire Carroll*	10:15 – 11:30am L1-2 <b>Perpetual Yoga</b> Fire Aaron Cantor*
10:30 – 11:45am L1-3 <b>Prenatal Yoga</b> Water Toby Kumin*	10:00 – 11:15am L1-3 <b>Yin Yoga All</b> Fire Ildiko Varhelyi*	9:00 – 10:00am L1-3 <b>BalleCore®</b> Fire Studio Molly Weeks*	12:00 – 1:00pm L1 <b>Yoga Basics</b> Water Ildiko Varhelyi*	9:15 – 10:00am L1-2 <b>Pilates Mat</b> Fire Maureen Kseniak*	10:15 – 11:30am L1-3 <b>Restorative Yoga</b> Water Ann Bruck*	4:00 – 5:15pm L1-3 <b>Vinyasa Yoga All</b> Fire Kristen Darci*/ Jasmine Punzalan*
12:00 – 1:00pm L1-2 <b>Vinyasa Yoga</b> Fire Ame Wren*	11:30am – 12:00pm L1 <b>Basic Pilates Mat</b> Fire Laura Williamson*	10:00 – 11:15am L1-3 <b>Vinyasa Yoga All</b> Fire Terry Connell*	12:30 – 1:30pm L1-2 <b>Power Flow</b> Fire Kristen Darci*	10:00 – 11:15am L1-3 <b>Vinyasa Yoga All</b> Fire Amy Leydon*	10:40 – 11:40am L1-3 <b>Pilates Mat</b> Fire Alternating Instructors: Luis Viana*/Pia Lalli*	5:30 – 6:45pm L1-3 <b>Chill Mudra</b> Fire Bonnie Argo*
5:15 – 6:00pm L1-3 <b>Pilates Mat</b> Water Luis Viana*	12:00 – 12:30pm L2 <b>Intermediate Pilates Mat</b> Fire Laura Williamson*	10:00 – 11:15am L1 <b>Radiant Restorative Yoga</b> Water Chanel Luck*	5:00 – 6:15pm L1-3 <b>Power Alignment</b> Water Maybelle Rowntree	10:00 – 11:15am L1-3 <b>Restorative Yoga</b> Water Ildiko Varhelyi*	1:00 – 2:30pm L1-3 <b>Vinyasa Yoga</b> Fire Amy Sullivan	
5:30 – 6:30pm L1-3 <b>BalleCore®</b> Fire Nancy Jesson*	12:00 – 1:00pm L1 <b>Yoga Basics</b> Water Jasmine Punzalan*	12:00 – 1:00pm L1-2 <b>Vinyasa Yoga</b> Fire Jess Lopez*	5:30 – 6:30pm L1-3 <b>Yin Yoga</b> Fire Ildiko Varhelyi*	12:00 – 1:00pm L1-2 <b>Vinyasa Yoga</b> Fire Claire Carroll*		
6:00 – 7:00pm L1 <b>Yoga Basics</b> Water Jasmine Punzalan*	12:30 – 1:30pm L1-2 <b>Power Flow</b> Fire Kristen Darci*	12:00 – 1:00pm L1-3 <b>Gyrokinesis®</b> Water Ann Fonte-Abbott*	6:15 – 7:30pm L1-3 <b>Strength in Stretch</b> Water Maybelle Rowntree	5:30 – 6:45pm L2-3 <b>Power Yoga</b> Fire Cheryl Chong-Hunter*		
6:30 – 8:00pm L2-3 <b>Power Yoga</b> Fire Jess Lopez*	5:30 – 6:30pm L1-3 <b>Yin Yoga</b> Fire Ann Bruck*	5:30 – 6:30pm L1-3 <b>BalleCore®</b> Fire Nancy Jesson*	6:40 – 8:10pm L2-3 <b>PranaVayu</b> Fire David Magone			
	6:40 – 8:10pm L2-3 <b>PranaVayu</b> Fire David Magone	5:45 – 7:00pm L1-3 <b>Align &amp; Flow</b> Water Bonnie Argo*				
		6:30 – 8:00pm L2-3 <b>Power Yoga</b> Fire Kristen Darci*				
		7:15 – 8:00pm L1-2 <b>Pilates Mat</b> Water Carrie Janik*				
		7:15 – 8:00pm L1-3 <b>Meditation &amp; Breathwork</b> Earth Amy Sullivan*				
		8:00 – 9:00pm L1-3 <b>Slow Flow and Deep Stretch</b> Fire Amy Sullivan*				



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

4 Avery Street at Tremont, Boston, MA 02111  
Tel: 617.375.8200 Schedule Hotline: 617.375.8555  
Mind Body Concierge: Jess Lopez  
Tel: 617.375.8623 Email: jlopez@mp-sportsclub.com

\*Available for private instruction by appointment. Please contact Mind Body Concierge for information.

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.

You have a choice of more than 50 different Yoga and Pilates classes to choose from: Ashtanga, Iyengar, Forrest Yoga, Anusara-inspired, Vinyasa, Power Yoga, Yoga Basics, Body Rolling, Yoa Intensive, PranaVayu, Budokon®, and Pilates Mat. Many of our classes are geared for all levels of fitness (L1-3) and some are more appropriate for beginners (L1), intermediate (L2) or the advanced exerciser (L3). We invite you to read the following class descriptions. Our instructors and our Mind Body Concierge are here to inspire and enhance your exercise experience. Feel free to consult with them before, during or after class if you have questions or need assistance with any exercise. For personalized attention, many of our instructors are available for one-on-one or duet instruction.

#### CLASS LEVEL KEY

**Level 1 – Beginner:** Level 1 classes are perfect for someone new to yoga or who would like to get back to basics. Classes are slower paced, using introductory postures to teach alignment, awareness and breath.

**Level 1-2 – Beginner-Intermediate:** For students who have a little bit of yoga under their belt, and are ready for a more advanced beginner class, the basic poses are presented in more challenging ways.

**Level 2 – Intermediate:** Level 2 classes are for intermediate students who would like an additional challenge. Classes introduce more challenging postures and are presented in varied format. Introduction to the more challenging postures such as backbends, inversions, and arm balances.

**Level 2-3 – Intermediate-Advanced:** Level 2-3 classes are for advanced practitioners. Participants should be familiar with most standing poses, intermediate inversions, backbends, and arm balances. Previous experience or athletic ability is required.

**Level 3 – Advanced:** Level 3 classes are for advanced practitioners. Participants should be familiar with most standing poses, intermediate inversions, and backbends. Poses are held longer; further variations and more challenging sequences are introduced. Previous yoga experience is required.

**Level 1-3 – All levels**

#### YOGA CLASSES

**Align and Flow:** This is an all levels class emphasizing correct alignment and understanding anatomy in poses to allow you to deepen your practice safely and intelligently. This class draws upon sequencing and influence from both Vinyasa and Forrest Yoga, encouraging strengthening and balance of body and mind, while also focusing on pranayama (breathing) and the anatomy of breath. From the specific placement of the body in a given posture, to the transitions between poses in sun salutations and beyond, the goal of this class at every level, is to clarify and refine. This class is a perfect bridge way from Yoga Basics into other classes, a great class if you are working with injury management, and an ideal way to deepen and advance your practice.

**Chill Mudra:** This is an all levels class offering rejuvenation and restoration. The class begins with slow flow yoga to warm the body and cultivate strength through intelligent alignment. This is followed by deep stretches to focus on nourishing and recharging the body, mind and soul. There is also an introduction to pranayama (breathing) and meditation, with a long restful savasana to close.

**MaxPower:** A challenging vinyasa class connecting the breath to the movement, creating a powerful, uninterrupted flow practice. Purify both mind and body, sweat out toxins and impurities and balance hormones with this dynamic flow class. Some yoga and/or basic athletic ability required.

**Perpetual Yoga:** Perpetual yoga makes intelligent use of ground, gravity, momentum, and natural movement to dissolve tension, increase joint mobility, develop fluid strength, build cardiovascular health, refine balance, deepen relaxation, improve coordination, and realize unity of body and mind.

**PranaVayu:** PranaVayu yoga, literally translated as the “Breath of Life,” is a unique style of Yoga that focuses on efficient sequencing that works with your body to make seemingly impossible poses possible. The style integrates flowing power yoga sequences with relaxation and meditative techniques. Each class will focus on one of five different sequences to help you develop full body strength and flexibility in record time.

**Power Flow:** This class teaches sequences of flowing postures linked by the breath to detoxify, strengthen, and stretch the body. The selected yoga postures are carefully balanced to build strength and flexibility while releasing accumulated tension.

**Power Yoga:** A dynamic and vigorous style of Hatha yoga where, focusing on the breath, you can learn to practice your possibilities and limitations. Power yoga synchronizes breath and movement, holds poses for extended periods, and as a result, cleanses and focuses the mind.

**Radiant Vinyasa Yoga:** Radiant Vinyasa Yoga is Chanel Luck’s signature energetic and creative vinyasa flow approach to yoga. The class draws upon years of study with a Shiva Rea, Ana Forrest, Baron Baptiste, Ashtanga Yoga and dance. Students of all levels are empowered to experience prana—the universal life energy—and deepen their connection to fluidity and freedom. You will be guided through Prana Flow namaskars, arm balances, inversions, backbends, and also practice advanced breathing techniques with short meditation sessions. A full mind body integrative flow approach to yoga helps you deepen your connection to your inner radiance. Please plan to attend the entire class, yoga experience necessary.

**Vinyasa Yoga:** Vinyasa is a fluid style of Hatha yoga, which combines elements of Ashtanga and Iyengar yoga influences with mindful breathing and meditation techniques. The practice cultivates a deep flow of integration, breath and movement, awareness and alignment, and strength and flexibility.

**Yoga Basics:** Review the fundamentals of yoga, emphasizing personal instruction and providing each student with the solid foundation needed to develop a safe and beneficial yoga experience.

#### PILATES

Originated by Joseph Pilates, Pilates training is focused on precise, concentrated movements using the mind to focus the body. The training results in lean, firm and sleek muscles, strong abdominals and back, core strength, improved flexibility, and overall musculoskeletal balance.

Whether you are an athlete looking to improve performance or if your goal is to achieve a longer and leaner body, Pilates Method can help anyone achieve their fitness goals. Members have the option of Pilates Mat classes and individual instruction with the use of specially designed Pilates exercise machines. Instruction is offered in private and duet sessions.

**Pilates Mat:** This class is a total mind body workout, focusing 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.

#### GYROTONIC®

Originated by Juliu Horvath, GYROTONIC® training is a systematic workout which helps to eliminate chronic pain while mobilizing and articulating the joints. Through a series of exercises, the System allows one to stretch and strengthen the musculature with minimal effort, while increasing range of motion and developing coordination.

Anyone from any fitness level and background can benefit from the exercises of the GYROTONIC® Expansion System. Members have the option of GYROTONIC® mat classes called GYROKINESIS®, and individual instruction with the use of the GYROTONIC® Expansion Pulley Tower exercise machines. Instruction is offered in private and duet sessions.

**Gyrokinesis®:** Originally called “Yoga for Dancers”, this class allows one to work on the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist, right twist and circular, as well as all other joint articulation. This approach systematically and gently works the joints and muscles through rhythmic and undulating movements.

#### FUSION CLASSES

Our Mind Body fusion classes blend elements of dance, Pilates, martial arts and yoga. These transformative and creative classes are designed to improve flexibility, gain strength within the body and promote the union of ancient disciplines.

**BalleCore®:** The BalleCore workout integrates three tried and true mind/body disciplines: Pilates, Hatha yoga and classical ballet. The class involves

both mat and standing exercises emphasizing core training, flexibility, flow and improving balance while using the BalleCore barre.

**Power Alignment:** This class combines the precision of ballet with the flexibility of yoga, centering on and strengthening the core muscles.

**Strength in Stretch:** This class asks the student for a demonstration of strength at personal maximum levels of flexibility utilizing elements from yoga and Pilates.

#### THERAPEUTIC CLASSES

Our Therapeutic classes are softer and slower-paced. The focus is on helping to correct physical limitations or tightness within the body.

**Breath, Core and Meditation:** Learn proper breathing techniques to create a calmer sense of breath in your body. Strengthen your core muscles to aid in digestion, posture, inversions and arm balancing. This class will help you bring awareness to your belly muscles and deepen your ability to breathe, both on and off the mat. Meditation will allow you to unwind your mind and return home feeling more relaxed and refreshed.

**Deep Stretch:** The focus of this class is to reduce stress and tension from the body, to create lightness in the muscles and ease of motion. Class combines range of motion sequences, activated help stretches and ends with restorative poses.

**Restorative Yoga:** Restorative yoga is a relaxing, gentle practice aimed at bringing the body into greater balance.

**Radiant Restorative Yoga:** This yoga class is designed for all levels, including those recovering from injuries. Radiant Restorative Yoga aims to nurture your inner radiance in a calm and peaceful atmosphere. No yoga experience necessary, just a desire to deepen your sense of peace and relaxation. We move through a series of seated and lying down restorative yoga postures with the support of bolsters and blankets. A great stress reducer!

**Yin Yoga:** Yin yoga targets connective tissues to increase flexibility and encourage free flow of energy throughout the body and mind. Poses are held passively for three to five minutes.

#### 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. Shoes are not to be worn in the studios, and are to be left in the cubbies provided.
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. Studios are not for personal use.
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.