

The Sports Club/LA | Washington, DC Mind Body Schedule | Summer 2010 effective 6/21/10

MONDAY

7:00 – 8:00am L1-3
Open W-All Yoga
 Studio 2 Blandine Trouille

12:00 – 12:50pm L1-3
Barre Fit
 Studio 2 Joshua Dobbs

5:15 – 6:30pm L1-3
Open W-All Yoga
 Studio 2 Blandine Trouille

6:30 – 7:30pm L2
Vinyasa Yoga
 Studio 2 Kellee Charles

7:30 – 8:15pm L1-3
Athletic Pilates
 Studio 2 Gia-Ninh Chuang

TUESDAY

7:00 – 8:00am L2
Sunrise Yoga
 Pool Deck Kellee Charles

11:00am – 12:00pm L1-3
Stretch & Renew
 Studio 2 Jude Szypa

12:00 – 1:15pm L2
Vinyasa Flow
 Studio 2 Emeka Olumba

6:30 – 7:30pm L3
Power Yoga
 Studio 2 Mimi Rieger

7:30 – 8:30pm L1-3
Pilates Mat
 Studio 2 Alexis Pokorny

WEDNESDAY

11:30am – 12:30pm L1-3
Vinyasa Flow
 Studio 2 Kellee Charles

12:30 – 1:30pm L1-3
Pilates Fundamentals
 Studio 2 Kristen Krash

5:30 – 6:30pm L1-3
Power Yoga
 Studio 2 Mimi Rieger

6:30 – 8:00pm L1-3
Vinyasa Flow
 Studio 2 Valerie Grange

THURSDAY

7:00 – 8:00am L1-3
Pilates Mat
 Studio 2 Brianne Barrow

11:00am – 12:15pm L1-3
Gentle Flow
 Studio 2 Jude Szypa

12:30 – 1:20pm L1-3
Pilates Mat
 Studio 2 Jennifer Corney

5:30 – 6:30pm L2
Power Yoga
 Studio 2 Will Stewart

6:30 – 7:20pm L1-3
Pilates Mat
 Studio 2 Will Stewart

FRIDAY

7:00 – 8:00am L3
Power Yoga
 Studio 2 Will Stewart

12:00 – 1:00pm L1-3
Core Yoga
 Studio 2 Margaret Ward

5:30 – 6:45pm L1-3
Vinyasa Flow
 Studio 2 Emeka Olumba

SATURDAY

8:15 – 9:30am L1-3
Hatha Yoga
 Studio 2 Will Stewart

9:30 – 10:20am L1-3
Pilates Mat
 Studio 2 Joshua Dobbs

10:30am – 11:30pm L1-3
Barre Fit
 Studio 2 Joshua Dobbs

11:30 – 12:30am L1-3
Gentle Yoga
 Studio 2 Ginger Daniel

4:00 – 5:30pm L3
Power Yoga
 Studio 2 Mimi Rieger

SUNDAY

9:00 – 10:15am L1-3
Vinyasa Flow
 Studio 2 Valerie Grange

10:15 – 11:30am L1-3
Kundalini Yoga
 Studio 2 Ken Rub

11:30am – 12:30pm L1-3
Pilates Mat
 Studio 2 Kristin Krash

12:30 – 1:30pm L1
Yoga Basics
 Studio 2 Ginger Daniel

4:00 – 5:30pm L1-3
Open W-All Yoga
 Studio 2 Blandine Trouille

TOTAL FITNESS BLOCK

Introducing class recommendations for members to get a complete workout, focusing on strength, cardio, and flexibility each weekend. Classes are highlighted on both schedules.



THE SPORTS CLUB / LA

Club Hours

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

1170 22nd Street NW, Washington, DC 20037
 Tel: 202.974.6600 Schedule Hotline: 202.974.6641
 Group Exercise Department: 202.974.6632

Group Exercise instructors are available for one-on-one and duet instruction. Please contact Mike Gray, the Group Exercise Manager at mgray@mp-sportsclub.com 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.

Choose from Yoga and Pilates classes such as Iyengar, Hatha, Vinyasa, Power Yoga, Yoga Basics, Budokon®, and Pilates Mat. 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 invite you to read the following class descriptions. Our instructors 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.

YOGA

Developed in India, Yoga is a psychophysical discipline with roots dating back about 5,000 years. The word “Yoga” means to yoke or bind and is often interpreted as “union.” Traditionally, the goal of Yoga is to unite with the Absolute, or the true self through physical postures and breathing exercises. Today, the focus is more on Yoga’s practical benefits.

The benefits of Yoga are numerous and can include improved physical fitness, stress control, mental clarity, greater self-understanding and general well-being. The physical postures (known as asana in Sanskrit) enhance muscular strength, coordination, flexibility and agility. People of all ages can do yoga, and classes are available for each student’s level of experience.

We are proud to offer a variety of yoga styles taught by very experienced instructors allowing students to either deepen their practice in a particular discipline or begin to experiment with others. We encourage students to be sensitive to/honor where they are at physically, keep an open mind and enjoy their breath.

LEVELS

Level 1: 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 2: Level 2 classes are for intermediate students who would like an additional challenge. Classes introduce more challenging postures and are presented in varied format.

Level 3: 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.

Levels 1-3: Level 1-3 classes are open to beginners and those more familiar with the practice. Please refer to the schedule.

YOGA CLASSES

Core Yoga: Connect to your core – gain strength and get centered. This transformative practice is characterized by its intense sequences, abdominal core work, mindfulness, and a deep emphasis of the breath. (50min.)

Gentle Yoga: A relaxing practice aimed at bringing the body into greater balance. (50min.)

Kundalini Yoga: A form of yoga that uses sets of postures and movements, meditative focus, breath work and chanting to strengthen and rejuvenate. (55 – 90min.)

Power Yoga: Intense flowing style of yoga. This is a vigorous practice for the fit who want to exercise and would like a minimal amount of chanting and meditation. (55 – 90min.)

Vinyasa Yoga: A fluid style of Yoga focusing on mindfulness and complete integration of breath and movement, awareness and alignment, strength and flexibility. (55min.)

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, the unique qualities of the Pilates Method can help anyone achieve their fitness goals. At the Mind Body Studios, 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.

Athletic Pilates: In this athletic approach to Pilates Mat, the class emphasizes on both strengthening the core and increasing range of motion while improving spinal stability for improved athletic performance. All experience levels are encouraged to attend.

Pilates Mat Fundamentals: Pilates focuses on core strength and stability, dynamic flexibility and realigning posture. (50min.)

FUSION CLASSES

Barre Fit: Barre Fit combines elements of Pilates, Yoga, and Ballet to strengthen and stretch your arms, thighs, buns, and abs for long lean muscles. Exercises are performed precisely and vigorously to improve strength, endurance, and posture. Props such as light weights, a ballet barre, and a yoga strap, enhance the intensity of the workout. (50min.)

Candlelight Stretch: This class provides a full body stretch focusing on all muscles under candlelight. (55min.)

Open W-All Yoga: This class is designed to use props (such as belts, blocks, walls), in the practice of yoga. The wall, being used as a prop, is a favorite since it helps students discover and improve their alignment. It improves their strength in a safe and potent way. The class is designed to help the students find, express and peel up the different layers of the body, to tap into its full intelligence, and connection within. The class is open to most members. However, each will have to respect his/her own level, for that day, for that breath. (55 – 90min.)

Stretch & Renew: Stretch your body from head to toe leaving you feeling light and renewed, this class incorporates meditation and helps to boost body awareness. (55min.)

Sunrise Yoga: Enter this peaceful, serene environment on the pool deck to melt the stress of your day away during this guided gentle practice creating balance and flexibility. (55min.)

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.
16. One-hour classes end 5 minutes before ending time.

Class Level Key

L1: Beginner
L2: Intermediate
L3: Advanced
L1-3: All Levels