

The Sports Club/LA | Washington, DC Mind Body Schedule | Fall 2010 effective 9/13/10

**MONDAY**

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

12:00 – 12:50pm L1-3  
**Pilates Mat**  
 Studio 2 Tracey McKee

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

5:30 – 6:30pm L1-3  
**Restorative Yoga**  
 Studio 2 Ashley Thorndike

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

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

**WEDNESDAY**

6:30 – 7:30am L1-3  
**Power Yoga**  
 Studio 2 Will Stewart

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

8:00 – 9:00pm L1-2  
**Gentle Yoga**  
 Studio 2 Ginger Daniel

**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 Lab**  
 Studio 2 Will Stewart

9:30 – 10:30am L1-3  
**Pilates Mat**  
 Studio 2 Rachel Bell

10:30am – 11:30pm L1-3  
**Flamenco**  
 Studio 2 Genevieve Guinn

11:30 – 12:30am L1-2  
**Yoga Basics**  
 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 L1-2  
**Yoga Fundamentals**  
 Studio 2 Kristen Krash

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 Trish Berry, General Manager, at [tberry@mp-sportsclub.com](mailto:tberry@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 inspired, Hatha, Vinyasa, Power Yoga, Yoga Basics, 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

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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

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**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

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**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:** Open to all levels, this class will focus on the yogi exploring basic asanas and how to connect with the pose through alignment, breath and mindfulness. This class will move at a slower pace, allowing the yogi enough time to relax in each pose. Everyone should expect some feel-good floor poses and relaxation. (55min.)

**Hatha Yoga Lab:** In this innovative class, we will dissect the yoga asana to further understand the intricacies of the practice. Through detailed and focused inspection of the poses, each yogi will discover what their strengths and weaknesses are and eliminate their own yogic limitations. Attention will be given to the anatomy and physiology of the bones, muscles, nerves, fascial lines and soft tissue at every level to create a complete immersion experience. Special topics will be selected and yogis are encouraged to ask questions, give feedback and play during the session. (65min.)

**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.)

**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.)

**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.)

**Restorative Yoga:** Stressed? Tense? Fatigued? Restorative Yoga enables the body to release, relax, and re-align in order to balance the stressors of modern life. The class begins with Pranayama, the practice of intentional breathing, followed by a series of supported relaxation poses and gentle stretches designed to open the body and quiet the mind. With a focus on postural alignment, this class will give you tools to approach daily activities with more ease. (55min.)

**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.)

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

**Yoga Basics/Fundamentals:** This class is designed to bring students – everyone from an atypical yogi to an experienced one – the accurate information and alignment to the asanas for a vinyasa flow class. Each class will explore specific asanas and their relationship to breathing and movement. These classes are great for new students or those returning to their practice. (55min.)

## DANCE

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**Flamenco:** Flamenco is a style of dance that is considered part of the culture of Spain. Come join Genevieve, one of the most sought-after teachers and dancers of this style, as she guides you through the movements and flair of Flamenco. This class tones and defines the muscles of the arms, shoulders, and upper back, strengthens the core and improves posture. The combinations will work on balance, agility, strength and resistance. Good for all levels.

## PILATES

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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.)

## Studio Etiquette

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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

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