

The Sports Club/LA | San Francisco Mind Body Studios Schedule | Summer 2010 effective 6/7/10

MONDAY

7:00 – 8:00am L2
Vinyasa Flow
 Power Martin Scott*

9:00 – 10:15am L1-2
Hatha Practice Yoga
 Power Nadia Oka*

12:00 – 1:00pm L1-3
Pilates Props
 Power Jonathan Roberts*

1:00 – 2:15pm L2
Vinyasa Flow
 Power Howard Tom*

4:45 – 6:00pm L2
Iyengar Yoga
 Power Athena Pappas*

5:30 – 6:30pm L1-3
Pilates Mat
 Longevity Molly Sigman*

6:00 – 7:30pm L3
Intermediate Iyengar Yoga
 Power Athena Pappas*

6:30 – 8:00pm L2
The Urban Yoga Workout
 Longevity Noll Daniel*

7:30 – 8:45pm L2
Vinyasa Flow
 Power Wendy Faith*

TUESDAY

6:45 – 8:00am L2
Hatha Practice
 Power Jean-Yves Quetelard*

10:00 – 11:00am L1-3
Pilates Mat
 Power Judy Truong*

12:00 – 1:00pm L2
Vinyasa Flow
 Power Buddy Macuha*

1:00 – 2:00pm L1
Gyrokinesis
 Longevity Mike Luque*

5:00 – 6:00 L1-3
Peace Core
 Longevity Nadia Oka*

5:30 – 6:30pm L1-3
Pilates Props
 Power Jonathan Roberts*

6:00 – 7:30pm
Open Reformer Night**
 2nd floor fitness STAFF

6:30 – 7:45pm L3
Intermediate Vinyasa Flow
 Power Cecily Guest*

7:30 – 8:45pm L2
Iyengar Yoga
 Longevity Kevin Nguyen*

WEDNESDAY

7:00 – 8:00am L2
Vinyasa Flow
 Power Martin Scott*

9:00 – 10:15am L1-2
Hatha Practice Yoga
 Power Nadia Oka*

12:00 – 1:00pm L1-3
Pilates Props
 Power Jose Comoda*

1:00 – 2:15pm L2
Vinyasa Flow
 Power Howard Tom*

4:45 – 6:00pm L2
Forrest Yoga
 Power Michelle Cordero*

5:30 – 6:30pm L1-3
Power Pilates
 Studio 2 Isabela Staycer*
 3rd Floor

6:00 – 7:30pm L2
The Urban Yoga Workout
 Power Noll Daniel*

7:30 – 8:45pm L2
Vinyasa Flow
 Power Wendy Faith*

THURSDAY

6:45 – 8:00am L2
Hatha Practice
 Power Jean-Yves Quetelard*

10:00 – 11:00 L1-3
Pilates Mat
 Power Michael Parra*

12:00 – 1:00pm L2
Vinyasa Flow
 Power Buddy Macuha*

1:00 – 2:00pm L1
Gyrokinesis
 Longevity Mike Luque*

4:15 – 5:30pm L2
Iyengar Yoga
 Power Athena Pappas*

5:30 – 6:30pm L1-3
Pilates Props
 Power Jonathan Roberts*

6:00 – 7:30pm
Open Reformer Night**
 2nd floor fitness STAFF

6:30 – 7:45pm L3
Intermediate Vinyasa Flow
 Power Cecily Guest*

7:30 – 8:45pm L2
Iyengar Yoga
 Longevity Kevin Nguyen*

FRIDAY

9:00 – 10:00am L2
Vinyasa Flow
 Power Noll Daniel*

12:00 – 1:00pm L1-3
Pilates Props
 Power Artemis Anderson*

1:00 – 2:15pm L2
Vinyasa Flow
 Power Howard Tom*

5:30 – 6:30pm L1-3
Pilates Mat
 Power Isabela Staycer*

SATURDAY

9:30 – 11:00am L3
Intermediate Vinyasa Flow
 Power Cecily Guest*

11:30am – 12:45pm L2
Anusara Inspired Yoga
 Power Brian Bentley*

11:30am – 12:30pm L2
Pilates (with weights)
 Studio 2 Molly Sigman*
 3rd Floor

4:00 – 5:30pm L2
The Urban Yoga Workout
 Power Noll Daniel*

SUNDAY

10:00 – 11:00am L1-3
Pilates Props
 Longevity Jonathan Roberts*

10:00 – 11:00am L1
Yoga Basics
 Power Athena Pappas*

11:00am – 12:30pm L3
Intermediate Iyengar Yoga
 Power Athena Pappas*

12:30 – 2:00pm L2
Vinyasa Flow
 Power Michael Hubbard



THE SPORTS CLUB / LA

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

*Available for private instruction.
 **Space is limited. Please register at the 2nd floor agility area.
 ***Fee-based programs. Please sign up at front desk.

Longevity and Power Studios are located on the 2nd Floor.
 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.

You have a choice of more than 35 different Yoga and Yoga-inspired classes to choose from: Ashtanga, Iyengar, Vinyasa Flow, Gentle Hatha, Pilates Mat, Pilates Props, Pilates with Weights, Pilates Allegro Trio, and the cutting-edge Gyrokinesis® workout. 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 Coordinator 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.

Anusara-inspired Yoga: Anusara yoga is a creative practice that uses sun salutations, standing poses, hip openers, back bends, twists and forward bends. It is a powerful Hatha yoga system that unifies the Tantric philosophy of Intrinsic Goodness with Universal Principles of Alignment™.

Forrest Yoga: Forrest yoga is an inspiring practice that uses heat, breath work, and vigorous asana sequences to draw toxins out of the body which in turn rejuvenates every cell. Pranayama (breath work), deep core/ab sequences, inversions and Vinyasa (flow movements) help participants reconnect with their inner power by removing emotional and physical barriers.

Hatha Yoga: Hatha yoga is based on the ancient form of physical postures (Asana) and movements (Vinyasa) that produce optimal awareness of mind, body and spirit. Providing tools for everyday stress, this inter-disciplinary class aims to clear the mind, improve concentration, increase the flow of oxygen and blood and enhance quality of life. Asana forms include forward bends, kneeling, squatting, lunging, twists, back bends, balancing and shoulder stands.

Iyengar Yoga: This is a class taught in the tradition of BKS Iyengar, who has developed an innovative approach to Hatha practice. Deliberate positioning with the help of props like blocks and bolsters is the mark of an Iyengar class. Precise cueing, correct alignment and held postures are the standard format. Iyengar yoga is where the mind leads the body. We recommend this class for beginners or those dealing with injuries or discomforts. Our instructors are highly skilled at amending postures and have a keen eye for structural misalignments.

Intermediate Vinyasa Flow: Similar to Vinyasa Flow, this class is a combination of many yoga styles. Asana are integrated with breath in a logical pattern and may include inversions, arm balances, bindings. Participants should be familiar with yoga postures and in good physical condition. This class is not recommended for pregnant participants.

The Urban Yoga Workout™: Designed by Noll Daniel, this class explores breath and awareness through Vinyasa flow patterns that encourage core strengthening, balance, and endurance. Instructions focus on creative exploration of each asana as well as relaxation in the final sequences. Beginners should speak with the instructor before the start of class.

Vinyasa Flow: Vinyasa means to move or connect which is exactly how our Vinyasa Flow classes are designed. Essential elements of Ashtanga, Iyengar and other forms are weaved together in an inspiring, heat-producing, well-balanced workout. The flowing aspect of this class will be a challenge to beginners. Participants with good flexibility, strength, and stamina may find this class to be the perfect addition to their weekly routine.

PILATES

Developed by Joseph Pilates in the 1940's and 1950's, Pilates is a form of exercise that builds strength and coordinated function in the core muscles of the abdominal and back. As with all functional training, the goal is to exploit the "power house" of movement, or those muscles which can actually generate optimal movement of the extremities: arms, legs, hips and shoulder complex.

Open Reformer Nights:** Members may sign up for 30-min intervals and workout on Allegro Reformers under the guidance of our professional instructors. Members who are experienced with Pilates apparatus will enjoy using the machines on their own, those with limited experience will receive complimentary instruction. See Club Happenings for dates, time and location. Specialty workout with limited space. Please sign up on site at 2nd floor agility area.

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 abdominal and back muscles to enhance strength, muscular symmetry, alignment, flexibility, grace, and coordination.

Pilates Props: Similar to Pilates Mat, this class uses familiar props like small balls, rings, and dyna-bands to increase the challenge of stabilization during mat exercises. We recommend that participants be familiar with the traditional mat sequence before adding props.

Pilates (with weights): As designed by Joseph Pilates, small dumb bells are incorporated with mat sequences to strengthen the upper body, shoulder cuff, and spinal erectors.

Power Pilates: This is an exceptional workout for athletic individuals looking to get more out of their core conditioning. High repetitions are combined with extended isometric contractions and multi-plane destabilization for an intense burn throughout the core and side body.

SPECIALTY CLASSES

Gyrokinesis™: This highly therapeutic class features familiar "arch and curl" routines, deep breath work and hip opening sequences to re-establish a supple spine and improved posture.

Peace Core: This class is a combination of Yoga and Pilates with a focus on restoration and relaxation. Students will enjoy deep breathing and deep stretching to peacefully encourage flexibility. Core strengthening postures are also included to massage and detoxify internal organs and improve posture. Peace Core finishes with quiet meditation.

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
- L4: All Levels