

The Sports Club/LA | San Francisco Mind Body Studios Schedule | Fall 2010 effective 9/13/10

MONDAY

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

9:00 – 10:15am L1-3
Hatha Yoga Practice
 Power Nadia Oka*

12:00 – 1:00pm L1-2
Pilates Mat
 Power Jonathan Roberts*

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

4:45 – 6:00pm L1-2
Iyengar Yoga
 Power Athena Pappas*

5:30 – 6:30pm L1-2
Pilates Mat
 Longevity Molly Sigman*

6:00 – 7:30pm L2-3
Intermediate Iyengar Yoga
 Power Athena Pappas*

6:30 – 7:45pm L2-3
The Urban Yoga Workout
 Longevity Noll Daniel*

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

TUESDAY

6:45 – 8:00am L1-3
Hatha Yoga Practice
 Power Jean-Yves Quetelard*

10:00 – 11:00am L1-2
Pilates Mat
 Power Judy Truong*

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

1:00 – 2:00pm L1-3
Gyrokinesis®
 Longevity Mike Luque*

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

5:30 – 6:30pm L2
Pilates Props
 Power Jonathan Roberts*

6:30 – 7:45pm L2-3
Intermediate Vinyasa Yoga
 Power Cecily Guest*

7:30 – 8:45pm L1-2
Iyengar Yoga
 Longevity Kevin Nguyen*

WEDNESDAY

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

9:00 – 10:15am L1-3
Hatha Yoga Practice
 Power Nadia Oka*

12:00 – 1:00pm L1-2
Pilates Mat
 Power Jose Comoda*

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

4:45 – 6:00pm L1-3
Forrest Yoga
 Power Michelle Cordero*

6:00 – 7:00pm L2-3
Power Pilates
 Power Isabela Staycer*

6:30 – 7:45pm L2-3
The Urban Yoga Workout
 Longevity Noll Daniel*

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

THURSDAY

6:45 – 8:00am L1-3
Hatha Yoga Practice
 Power Jean-Yves Quetelard*

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

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

1:00 – 2:00pm L1-3
Gyrokinesis
 Longevity Mike Luque*

4:15 – 5:30pm L1-2
Iyengar Yoga
 Power Athena Pappas*

5:30 – 6:30pm L2
Pilates Props
 Power Jonathan Roberts*

6:30 – 7:45pm L2-3
Intermediate Vinyasa Yoga
 Power Cecily Guest*

7:30 – 8:45pm L1-2
Iyengar Yoga
 Longevity Kevin Nguyen*

FRIDAY

9:00 – 10:00am L1
Peace Core
 Power Noll Daniel*

12:00 – 1:00pm L1-2
Pilates Mat
 Power Artemis Anderson*

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

5:30 – 6:30pm L2-3
Power Pilates
 Power Isabela Staycer*

SATURDAY

9:30 – 10:45am L2-3
Intermediate Vinyasa Yoga
 Power Cecily Guest*

11:00am – 12:15pm L1-3
Anusara Inspired Yoga
 Power Brian Bentley*

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

4:00 – 5:15pm L1-3
The Urban Yoga Workout
 Power Noll Daniel*

SUNDAY

10:00 – 11:00am L1-2
Pilates Mat
 Longevity Jonathan Roberts*

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

11:00am – 12:30pm L2-3
Intermediate Iyengar Yoga
 Power Athena Pappas*

12:30 – 2:00pm L2
Vinyasa Yoga
 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

The word “yoga” means to yoke, or unite. The goal in classes is to unite with the True Self through Hatha, (physical postures), Pranayama, (breath work), and meditation.

Vinyasa means to flow or connect. Our Vinyasa Yoga classes connect essential elements of Ashtanga with contemporary flow postures. These classes have a fast pace with music and studios heated up to 84°.

Iyengar Yoga classes are taught in the tradition of BKS Iyengar. The focus is on body alignment, precise cueing, and focused individual attention from the instructor. Please follow instructor cues at all times with no personal amendments. Pregnant participants should speak with the instructor.

Anusara Inspired Yoga: Anusara Yoga is a creative practice that includes Vinyasa and held postures with Tantric philosophies of the “Intrinsic Goodness and Universal Principles of Alignment.”™ There is typically no music or heat.

Forrest Yoga: Forrest Yoga is an inspiring practice that uses heat, breath work, and vigorous asana sequences to draw out toxins. Deep abdominal sequences, seated postures, lunges and twists help remove emotional and physical barriers.

Hatha Yoga Practice: This class features traditional standing and seated postures at a methodical pace. Studios may be slightly heated. Static holds as well as short, Vinyasa sequences are incorporated.

Iyengar Yoga: This class features deliberate body positioning with the help of yoga props. Excellent for beginners, veterans and those with injuries as there is focused attention from the instructor with prescribed modifications.

Intermediate Iyengar Yoga: This class is not for beginners as advanced poses like inversions, back bending and bindings are in the format. Our instructors are highly skilled at amending postures and have a keen eye for structural misalignment. Due to the advanced nature of this class we request that students follow the instructor’s cues at all times.

Peace Core: This class is a combination of Yoga, restorative postures and core conditioning. Postures are explored slowly with a focus on relaxation. There is typically no music; the room will be warmed around 72°.

The Urban Yoga Workout™: Designed by Noll Dainel, this class explores the creative ranges of the body while flowing through combining traditional poses with an additional focus on the development of core awareness.

Vinyasa Yoga: Traditional poses are weaved together in an inspiring, heat-producing workout. Stamina, strength, balance and flexibility will be challenged. This class is not recommended for pregnant participants or those with injuries. Music and a heated studio are standard.

Intermediate Vinyasa Yoga: This class features many rounds of Sun Salutes before moving on to challenging postures like arm-balances, side-angle bindings and standing balance sequences. Music and a heated studio are standard.

Yoga Basics: This class begins with seated breath work. Students will learn basic yoga postures with proper positioning. The pace of the class is methodical. Beginners and those with injuries should speak with the instructor before starting class.

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. Participants should be in good physical condition with no pre-existing injury. Light music may accompany the workout.

Pilates Mat: This class is excellent for beginning exercisers. The workout focuses on precise, slow movements and low repetitions. Exercises follow the basic mat format with preparation sequences and modifications to build strength in the abdominals, thighs, hips, shoulders and upper back.

Pilates Props: Similar to Pilates Mat, but with rings, small balls, bands or blocks used to increase the challenge of stabilization. The pace and number of repetitions are set to generate greater muscle fatigue in the core, arms, hips and thighs. This class is not recommended for beginners, or those with injuries.

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: Described as “Pilates on steroids” on FitSugar™, this class is an exceptional workout for athletic individuals. High repetitions are combined with squats, lunges, pushups, isometric contractions and multi-plane destabilization. This class is sweat-inducing. Delayed muscle soreness may be experienced the following day.

GYROTONIC™

Developed by Juliu Horvath, Gyrotonic™ is a highly sought after form of therapeutic and athletic conditioning. Private Sessions are performed on the Cobra and the Ladder, while group classes utilize a small chair for a unique range of seated exercises. Athletes will discover that Gyrotonic™ and Gyrokinesis™ will enhance range of motion, fluidity, and core strength.

Gyrokinesis™: This class will move all your joints through all their ranges, smoothly and fluidly. All motions are accompanied by specific breathing patterns that enhance and improve efficiency of movement for golfers, tennis players and other athletes.

SPECIALTY CLASSES

Open Pilates Reformer:* Members may sign up for 30-minute intervals and workout on Allegro Reformers under the guidance of our professional instructors. Sign ups are for 30 minutes on a first come, first serve basis. Sign up in person with staff stationed at the 2nd floor agility area.

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, shoes, cell phones and open drink containers are not permitted.
10. Stereos are for instructor use only.
11. Please remember personal hygiene and refrain from wearing perfume or cologne.
12. Please return equipment to the proper storage area.

Class Level Key

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

* Specialty workout with limited space, 2nd floor agility area. Please speak with a manager to learn more about 1-on-1 Reformer training.