



# THE SPORTS CLUB / LA CLUB HAPPENINGS

JAN 2011



THE SPORTS CLUB/LA  
LOS ANGELES

## *Happy New Year!*

This year The Sports Club/LA is here to be the solution to your resolution. Here are some tips to help you stick with your 2011 health and fitness resolutions:

- 1. LOOK FORWARD, NOT BACK.** Don't mourn the past when weight was gained. It wastes time to be mired in regrets. Simply start your 2011 action plan.
- 2. SET UP AN INCENTIVE SYSTEM.** Setting up rewards for each milestone on the way to your final goal can help you stay motivated and encourage you to go the extra mile. Reward yourself with a massage from Splash Destination CitySpa or maybe some new clothes from The Shop by Pete's Sportswear.
- 3. BRING A FRIEND TO SC/LA.** Working out with someone can help you stay on track with your exercise and fitness plans, especially if you have similar goals. Have a friend meet you at SC/LA at a specified time for a "workout date" or hit your favorite body sculpting class together. Working out with someone keeps you accountable.
- 4. GET RID OF TEMPTATION.** Toss out or give away treats from the holidays that are lingering in the house. Also, keep workout gear by the front door or in your car to minimize the temptation to skip out on a workout.
- 5. START A FOOD JOURNAL.** Keep track of your food intake and calories with a simple food diary. The act of writing down what you're eating each day can make you much more mindful about your meals and might even stop you from overdoing it.
- 6. TRY A NEW EXERCISE EACH MONTH.** If you commit to trying one new exercise or workout every month you won't get burnt out on the same routine day in day out. SC/LA offers an endless variety of group exercise classes. Or if classes aren't your thing, hop on one of our brand new cardio machines that you've never tried, or maybe it's time to give paddle tennis, swimming or squash a try.

### **OVER \$1,000,000 OF NEW EQUIPMENT**

Don't forget to check out the over 100 brand new pieces of the latest cardiovascular training equipment all with flat screen televisions and most with iPod connect. Try some of our new truly innovative additions like the Woodway Ecomills - zero electrical consumption treadmills and Vibeplate - the latest evolution of vibration training.

### **WIN A COMPLIMENTARY MONTH OF MEMBERSHIP AND A \$100 SC/LA GIFT CARD**

Vote for your favorite new piece of state-of-the-art cardiovascular equipment and enter our raffle to win a complimentary month of membership and a \$100 SC/LA Gift Card. All you need to do is:

Go to The Sports Club/LA – Los Angeles Facebook page

"Like" your favorite new piece of equipment on our page to vote

We will hold the drawing on February 1st.

Information: Please see The Sports Club/LA – Los Angeles Facebook page for more details



## GROUP EXERCISE

### NEW CLASSES • STARTING JANUARY 17TH FLASHBACK CARDIO FUNK WITH MILO LEVELL

DATE: THURSDAYS • 7:30 TO 8:30PM

*Let the music take you back while the workout moves you forward!*

Renowned choreographer Milo Levell was the first to bring hip-hop from the streets into the fitness studios and to television. Milo's Flashback Cardio Funk is a cardio dance fitness class designed for everyone. Get ready for an incredible voyage through the hottest old school hits that will have you hollering, "That's my song"!

Information: Please see the Group Exercise Schedule

### CLUB CARDIO DANCE WITH BRANDON ANTHONY

DATE: TUESDAYS • 7:30 TO 8:30PM

*The Club can't handle you!*

Let rhythm be your drug in this hot and sweaty dance party. Learn how to move it on the dance floor while melting away fat to the latest hits from David Guetta, Keisha, Lady Gaga, and your favorite throwbacks like Madonna and Michael Jackson.

Information: Please see the Group Exercise Schedule

### MISSION POSSIBLE™ WITH JENNA PHILLIPS

DATE: WEDNESDAYS • 5 TO 6:00PM

*Your mission, should you choose to accept it, is to get in the best shape of your life while having an amazing time.*

Jenna, a certified Spinning and Pilates Plus instructor, knows the importance of combining resistance training, stretching, and cardio into one regimen. Jenna's own hybrid of fitness will keep your hunger for exercise insatiable. Mission Possible™ will challenge your body in a whole new way to improve musculoskeletal function and overall strength.

Information: Please see the Group Exercise Schedule



## FITNESS

### SC/LA WINTER BASKETBALL LEAGUE

SEASON BEGINS JANUARY 5TH AND RUNS THROUGH MARCH 16TH

DATE: WEDNESDAY AND THURSDAY NIGHTS • 6 TO 9:00PM

8 game guarantee with a single game elimination playoff. League Fee \$115.

Information: Registration takes place at the Fitness Concierge desk

### THE SC/LA PREMIERE RUNNING CLUB

DATE: WEDNESDAYS AT 6:30AM AND SUNDAYS AT 8:00AM

Finding time to train for a full marathon in your life is a challenge, but you can do it! Join Halman Hunte, who has completed 14 marathons and has over 20 years of running experience, and challenge yourself to find time to check something off your bucket list. This plan is designed with REAL PEOPLE in mind. Training with other like-minded Members will motivate and challenge you. There is plenty of flexibility with this program and we will get you ready for a marathon in 16 to 24 weeks.

Information: See the Fitness Concierge

### TRAIN NOW WITH A 5-TIME OLYMPIAN

DATE: NOW

Get a jump-start on your New Year with Private Trainer Jackie Edwards. Look, feel and train

like an athlete! Learn secret exercises for fabulous champion legs! Multi-directional lunges, step ups, shuttles, jump squats, glute machines – do them all! Learn how to do these exercises properly and effectively to get the legs you have always wanted!

Information: See the Fitness Concierge

#### **FIT TIP • NUTRITIONIST AVIVA POURMORADY**

Eighty percent of the population “goes on a diet” as part of their New Year’s Resolutions. The problem? Resolutions are almost always broken! So rather than making a resolution this year, make a New Year’s solution. The solution is making more mindful choices, listening to your body, responding to its natural hunger cues, and eating what your body needs. Eat when you’re hungry, stop when satisfied. When we consistently eat for reasons other than hunger, we will gain weight. Start 2011 by resolving to make this the year you really focus on your body and health!

#### **NUTRITIONIST AVIVA POURMORADY**

Aviva is distinguished as a master of inspiration and motivation through her expertise in food and nutrition. She has reached many people with a common-sense approach to healthy eating by educating individuals through public speaking, work site wellness events, and recipe and menu writing. Aviva is studying Holistic Nutrition as she takes great pleasure in coaching her clients on the latest most beneficial nutrition philosophies.

Information: See the Fitness Concierge to schedule your nutrition consultation today

#### **WHAT'S YOUR MOVEMENT MEDITATION?**

It's time to start the New Year right by getting centered and flowing through mindful breath and movement that can shift your focus and help you get more out of your day. Find your Movement Meditation by experiencing the many benefits of GYROTONIC®. Schedule your complimentary session today with experienced trainer, Cameron Jappe. Cameron is a certified trainer in the Gyrotonic Expansion System, Gyrokinesis, and Pilates. He has a diverse movement background that also includes the study of Iyengar Yoga and Feldenkrais. Cameron holds a BA from Pepperdine University and an MFA from The Theatre School at DePaul University in Chicago. He appreciates helping clients feel and look their absolute best through precise, dynamic, and joyful movement.

Information: See the Fitness Concierge

#### **WIN A COMPLIMENTARY 50-MINUTE FITNESS LIFESTYLE SESSION**

DATE: JANUARY

We will be holding drawings throughout January for the chance to win a 50-minute session with Advantage Trainer and Fitness Lifestyle Coach Tom Dailey for goal assessment and a customized workout program that will get you looking and feeling your best. Check the Fitness Events Schedule at the Fitness Desk for dates and times for raffle events. Design your Fitness Vision for yourself, then live it this year! Make 2011 the year that you become your healthiest and happiest. With 18 years of experience, Tom creates unique, fun and efficient workout programs for men and women that destroy fat and boost strength and fitness levels to new heights. Tom will collaborate with you to set fitness lifestyle goals that are realistic and achievable, keeping you motivated, on track and continuously moving forward towards greater health and life balance.

Information: See the Fitness Concierge

#### **LATEST EVOLUTION IN PILATES**

The Avalon Arm Chair, an original piece of equipment designed by Joseph Pilates, has been re-engineered and updated. Our very own BodyArt Studio at The Sports Club/LA has recently added this innovative apparatus to the training floor as part of the million-dollar equipment update. The Avalon Chair in its new version accommodates enough flexibility to target a full body workout. Start the New Year by expanding your workout to include Pilates and the Avalon Arm Chair.

Information: See the Fitness Concierge

**PILATES ADVANCED CARDIO PUMP**

Destroy the myth that Pilates offers no significant cardio benefit to your workout program. Using the standard Jump Board attachment on the Pilates Reformer the equipment becomes a unique horizontal cardio powerhouse. This workout program offers the techniques that you expect from Pilates, with a singular focus on heart racing, calorie-burning cardio. This is a non-stop workout for the cardio enthusiast. With the addition of hand held weights, medicine balls, thera-bands, swiss balls with a few dance steps thrown in, challenge your coordination in a workout like nothing you've ever tried before.

Information: See the Fitness Concierge to schedule a complementary training session with Pilates Instructor Ellsworth Howard

**FIT TIP • REASONS TO RUN A 5K IN 2011**

**EASE.** Most of you are busy, and training time is precious. Therefore, it's tough to find the time to train for a half-marathon or marathon. Not so with the 5K. You can work up to it quickly and train for it just three days a week.

**CONVENIENCE.** With a 5K, race day is a snap. You arrive at the race, warm up for 10 to 20 minutes, race for 40 minutes maximum, cool down, replenish with food and drink, and head home in your new race T-shirt before your family has finished breakfast.

**EXHILARATION.** In a 5K, you feel like you're really racing. Not many runners can maintain a 10K race pace that is much faster than their daily training pace. With a 5K, however, you can motor as much as one minute per mile faster than your usual training pace.

**CHARITY.** Running a 5K is a simple way to donate. Your entry fee often goes to support a worthy cause.

**IMPROVEMENT.** Racing the occasional 5K is an excellent fitness booster. It will improve form and efficiency, and make your regular training runs feel easier.

**CHANGE.** Too often in our training, we run the same course at the same pace at the same time of day. You need variation, and a short-and-sweet 5K is a great way to mix things up.

**MOTIVATION.** Races are great motivators. A 5K gets you out the door on days when you would have stayed in bed in the morning or hit the couch after work.

**UPCOMING 5KS NEAR YOU**

WHERE THE PARTY MEETS THE PAVEMENT 5K • SUNDAY, JANUARY 16TH • SANTA MONICA BEACH  
[www.131marathon.com](http://www.131marathon.com)

COASTAL CHILDREN'S OUTREACH 5K/10K • SATURDAY, JANUARY 29TH • DOCKWEILER STATE BEACH  
[www.gsep.pepperdine.edu/news-events/events/coastal/](http://www.gsep.pepperdine.edu/news-events/events/coastal/)

ROSE BOWL 5K/10K • SUNDAY, FEBRUARY 6TH • ROSE BOWL STADIUM PASADENA  
[www.pacificsportsllc.com/rose-bowl-half-marathon-info/](http://www.pacificsportsllc.com/rose-bowl-half-marathon-info/)



## SPLASH SPA

### NEW • ABOUT FACE WRINKLE PREVENTION PILLOW

DATE: JANUARY

Want to prevent sleep lines and wrinkles on your face, neck and chest? See the newest product in the anti-aging industry - The Wrinkle Prevention Pillow. As you may know, sleeping with your face pressed and touching the pillow is the 3rd or 4th cause of permanent sleep lines and wrinkles. This luxurious memory foam pillow has a contoured center to make sleeping on your back more natural and comfortable. It also lifts, cradles and supports your head so that your face never touches the pillow. It's a must have for yourself, and it makes the perfect gift. Information: Stop by Splash Spa

### WELCOME NEW MASSAGE THERAPISTS • ALYSSA MARRIN, CRISTINA GONZALEZ AND STACI TOBIAS

DATE: JANUARY

We have 3 new massage therapists at the spa, Alyssa Marrin, Cristina Gonzalez and Staci Tobias. Schedule an appointment with any of the three and receive a 10% discount. This offer cannot be combined with any other discount, package, or offers. Please mention offer at time of booking to receive this discount.

Information: Stop by Splash Spa

### USE YOUR SC/LA GIFT CARD AND ENTER A DRAWING TO WIN A COMPLIMENTARY 50 MINUTE SERVICE

DATE: JANUARY

Each time you use an SC/LA Gift Card, you will be entered in a drawing to win a complimentary 50 minute service at Splash Spa. One entry per transaction.

Information: Stop by Splash Spa

### SPLASH RETAIL SALE

DATE: MONDAY, JANUARY 3RD THROUGH SUNDAY, JANUARY 9TH

20 to 60% savings on selected merchandise

Information: Stop by Splash Spa



## OLIVER café | lounge

### STARBUCKS COFFEE AT OLIVER CAFÉ | LOUNGE

DATE: COMING SOON!

OLIVER café | lounge will soon be serving your favorite Starbucks brewed coffees.

### THE BEST NUTRITION FOR YOUR BEST BODY

DATE: JANUARY

OLIVER café | lounge is now offering 7 new dietician recommended protein smoothies including Passion Banana Beach and Blazin' Chocolate Berry.

Information: Visit OLIVER café | lounge to try one today

### PURPLE & GOLD PRIDE

DATE: JANUARY

OLIVER café | lounge is the perfect place to watch the Lakers. Enjoy happy hour every Monday through Friday. In honor of the LAKERS 3-Peat -\$3.00 Rum Punch and \$3.00 Arnold Palmer mixed drinks.

1/4 • Tuesday vs Detroit

7:30pm

1/5 • Wednesday vs Phoenix	7:30pm
1/7 • Friday vs New Orleans	7:30pm
1/9 • Sunday vs New York	6:30pm
1/11 • Tuesday vs. Cleveland	7:30pm
1/12 • Wednesday vs Golden State	7:30pm
1/14 • Friday vs New Jersey	7:30pm
1/16 • Sunday vs LA Clippers	12:30pm
1/17 • Monday vs Oklahoma City	7:30pm
1/19 • Wednesday vs Dallas	6:00pm
1/21 • Friday vs Denver	7:30pm
1/25 • Tuesday vs Utah	7:30pm
1/28 • Friday vs Sacramento	7:30pm
1/30 • Sunday vs Boston	12:30pm

Information: Visit OLIVER café | lounge today

### HOST YOUR NEXT PARTY AT OLIVER CAFÉ | LOUNGE

DATE: NOW

Whether you are hosting family, friends, business associates or your company event, OLIVER café | lounge would like to enhance your experience by providing a world class culinary experience in a truly unique and beautiful setting.

Information: Contact Catering and Special Events Manager, Monique Wright at 310.914.7533



### THE GOLF ACADEMY

#### IMPROVE YOUR GOLF GAME

The Golf Academy swing performance evaluation is the most advanced method to quantify your ability to swing efficiently and powerfully, avoid and prevent injuries and improve your performance. For a limited time, the TGA Swing Performance Evaluation is yours for \$49.

Swing Performance Evaluation Includes:

- Player Interview & Profile
- V1 Digital 4 Camera Swing Analysis with Tour Player comparisons
- K-VEST TPI 3D Biofeedback with Kinematic Sequence Analysis
- Swing Dynamics Weight Right Force Plate Balance & COG Evaluation
- FlightScope Launch Monitor Analysis
- I-CLUB 3D Swing Path & Plane Diagnostic Evaluation
- TPI (Titleist Performance Institute) Golf Specific Fitness Screen
- Full Report of Findings from the GPS including Kinematic Sequence
- TPI report & Golf Specific profile and recommendations
- Total Player Development Program Recommendations

Information: Call The Golf Academy by The Sports Club/LA at 310.312.5051



### MICHAELJOHN

Michaeljohn is closed for improvements through the first week of January. Please phone 310.444.7969 for an appointment with your stylist at our Beverly Hills location.