



## September 2018 GROUP EXERCISE

LEGEND: Basketball Court (6)/Pool (P)/6th Flr Cycling Room (6C)/7th Flr (7)/8th Flr Multi-Purpose Room (8MP)/Power Center, 8<sup>th</sup> Flr (8PC)/Frank White Studio (9)/9th Flr Kickboxing Room (9K)/ Roof (R)  
**HOURS: M-F 5 am – 10 pm, Sat 8 am – 7 pm, Sun 8 am – 7 pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–6:50 Circuit Training Mohammed (7)	6:00–6:50 H.I.T. Cycle Rod S. (6C)	6:00–6:50 Circuit Training Mohammed (7)	6:00–6:50 H.I.T.Cycle Rod S.(6C)	6:00–6:50 Circuit Training Mohammed (7)	8:15-9:05 Zumba® Zhanna (8MP)	10:00-11:10 Flow Yoga Joella (9)
6:00–6:50 Hatha Yoga Marlene (9)	6:00-6:50 Bootybarre Anissa (8MP)	6:15–7:05 Restorative Yoga Cecile (9)	6:00-6:50 Pilates Mat Yvette (8MP)	7:00–8:05 Athletic Inspired Yoga (Rooftop thru Sept) Catherine (9)	9:30-10:40 Hardcore Boxing Javier (9K)	10:15-11:05 Barre Workout Zhanna (8MP)
7:00–8:05 Athletic Inspired Yoga Daniela (9)	6:00–6:50 Hatha Yoga Marlene (9)	7:00–7:50 Morning Stretch Zhanna (8MP)	6:00–6:50 Hath Yoga Marlene (9)	7:00-7:50 Barre Workout Zhanna (8MP)	9:30-10:20 Pilates Mat Yvette (8MP)	
7:00–7:50 Morning Stretch Zhanna (8MP)	7:00–7:50 Vinyasa Flow Yoga Marlene (9)	8:00-8:50 Barre Workout Zhanna (8MP)	7:00–7:50 Circuit Training Mohammed (7)	7:00–7:50 Morning Stretch Cheryl (7)	10:00-11:20 Basketball Conditioning Alek (6)	
8:00-8:50 Barre Workout Zhanna (8MP)	9:00–9:50 Yoga Sculpt Catherine (8MP)	9:00-9:50 Aqua Zumba Zhanna (P)	7:00–7:50 Vinyasa Flow Yoga Marlene (9)	8:00-8:50 Ignite and Dance Benita (8MP)	10:00-10:50 Deep H2O Workout Jonathan (P)	
9:00-9:50 Aqua Zumba Zhanna (P)			8:00-8:50 Progressions Benita (8MP)	9:00-9:50 Aqua Zumba Zhanna (P)	10:00-11:10 Vinyasa Flow Yoga Marlene (9)	
			9:00-9:50 Yoga Sculpt Catherine (8MP)		10:30-11:50 Cardio Hip Hop David (8MP)	
12:00–12:50 Muay Thai Kickboxing Daniel R. (9)	12:00–12:50 Hatha Yoga Marlene (9)	12:00–12:50 Flow Yoga Jino (9)	12:00–12:50 Hatha Yoga Marlene (9)	12:00–12:50 Cycle 101 Rodrick W. (6C)	1:30–2:35 Yoga 4 Beginners Selene (9)	
		12:00–12:50 Muay Thai Kickboxing Daniel R. (9)		12:00-12:50 Pilates Mat Maria (9)		
5:00–5:50 Pilates Mat Claudette (9)	5:30-6:20 Extreme FUNctional Training Ignacio (PC)	5:00–5:50 Pilates Mat Yvette (9)	5:30-6:25 Court Fit Jorge & Roberto (8)	4:45–5:50 Power Vinyasa Yoga Liz (9)	<p><b>Tai Chi Class Saturday Morning 8:30-10:00 am Instructor: Warren Wong (9) \$50 per month</b></p> <p><b>For more information contact:</b></p> <p><b>Stephen Howell Athletic Program Coordinator at stephen.howell@ laac.net</b></p>	<p><b>Please see Calendar at Mylaac.com for updated daily schedule.</b></p> <p><b>Group Exercise classes are complimentary for Members and guests.</b></p>
5:30-6:25 Court Fit Jorge & Roberto (8)	6:00–7:20 Core Flow Yoga Teresa (9)	6:00–7:10 Ashtanga Inspired Yoga Christian (9)	5:30-6:20 Extreme FUNctional Training Ignacio (PC)	6:00–7:20 Ashtanga Inspired Yoga Christian (9)		
6:00-7:10 Power Yoga Daniela (9)	6:30-7:20 Results Pilates Marlene (8MP)	6:00-6:50 Zumba® Zhanna (8MP)	6:00–7:10 Power Yoga Daniela (9)			
6:00-6:50 Zumba® Zhanna (8MP)	7:10-8:00 Athletic Conditioning Zaven (PC)	6:10-7:00 H.I.T.-Cycle TBD (6C)	6:00–7:10 Power Yoga Daniela (9)			
6:10–7:00 H.I.T.-Cycle Billy (6C)		6:15–7:05 Deep H2O Workout Jonathan (P)	6:30-7:20 Barre Body Conditioning+ Bertha (8MP)			
6:15–7:05 Deep H2O Workout Jonathan (P)		6:30–7:40 Kickboxing CJ (9K)	7:10-8:00 P.E. 101 Zaven (PC)			
6:30–7:40 Kickboxing CJ (9K)						
7:30-8:40 Dance Fusion David (8MP)						

## CLASS DESCRIPTIONS

**Aqua Zumba®** “Known as the Zumba “pool party”, Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.”

**Athletic Conditioning®** Come ready to work! You’ll be challenged with aerobic/anaerobic cardio intervals, strength, power and athletic combination drills.

**Athletic Inspired Yoga** A power yoga class specifically designed for athletes looking to stretch and strengthen the mind-body connection. An exploration of breath and movement to enhance your daily athletic performance.

**Ballet Basics** Sculpt your hips and thighs and improve your core strength and posture with this ballet barre workout!

**Barre Body Conditioning+** This fun, invigorating workout combines barre and classical ballet training to enhance your strength and flexibility with pilates training to target your core and improve body alignment and posture.

**Barre Workout** A high energy, non-impact exercise class that combines barre work and light weights with continual fat burning motion.

**Basketball Conditioning** Classes are designed to help improve your quality of play. Drills covered in class include: Condition drills, defensive footwork, dribbling etc.

**Bootybarre** “Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.”

**Cardio Hip Hop** Sweat your buns off as you learn the latest choreography in a non-stop cardio and muscle-toning dance workout. All levels.

**Circuit Training** 45 to 50 minutes of total upper and lower body conditioning and cardio training.

**Core Flow Yoga** This yoga practice focuses on building core and back strength. Vinyasas are taken between powerful standing and balance poses, hip openers and core exercises to create a mind, breath, and body connection. The class ends with stretch poses and savasana. All levels.

**Court Fit** This high-energy class will introduce the basics skills and fundamentals of handball and will also provide an intense cardio workout.

**Cycle 101** A rhythmic high intensity cycling class that includes climbs, jumps and speed races.

**Dance Fusion** A high-energy blend of hip hop, jazz and pop choreography.

**Deep H2O Workout** Experience the ultimate high intensity of water, which builds cardio endurance, flexibility, & muscular strength using the water’s natural resistance.

**Extreme FUNctional Training** Train your body to meet the demands of your daily life with this effective, simple, and fun class. This workout combines resistance and anaerobic drills to train your whole body in the most efficient, comprehensive way possible. You’ll get faster, stronger and leaner!

**Flow Yoga** This yoga practice uses postures in a flowing manner, connecting each posture with a breath. This class is geared toward the more advanced yoga student with six months- one year highly recommended.

**Hatha Yoga** A traditional yoga class that is suitable for all fitness levels. Postures (asana) are used to help students increase strength, flexibility, and balance. This class focuses on breath (pranayama) control and body alignment. Class ends with savasana (relaxation pose).

**Hardcore Boxing** Get lean and mean with this classic boxing workout using heavy bags, jump ropes and calisthenics guaranteed to make you sweat!

**H.I.T.-Body** Guaranteed Boredom Free! Super-efficient body weight training workouts combine cardio and strength training to burn fat fast!

**H.I.T.-Cycle** These intense indoor cycling workouts are designed to improve the performance of your aerobic and anaerobic system by utilizing interval, tempo and hard repeat training. If you want to boost your VO2max and anaerobic threshold, this is the workout!

**H.I.T.-Power** Stronger, Faster, Better! These workouts build power, crank up your fat-burning metabolism and will help you to perform at your best all day long!

**Ignite and Dance** 30 minutes of fun, dance-fitness moves followed by 30 minutes of full body sculpting exercises. All levels welcome.

**Intro to Power Flow Yoga** This yoga practice uses postures in a flowing manner, connecting each posture with a breath. This class is appropriate for all skill levels.

**Kickboxing** (hand wraps recommended) A dynamic full body workout incorporating heavy bags, focus mitts, jump ropes and more! Increase endurance, power and agility while you train like the pros.

**Morning Stretch** Start your day with this total-body stretch. Enhance your recovery, improve your performance, and increase your overall sense of well-being with this rejuvenating stretching session.

**Muay Thai Boot Camp** Muay Thai Boot Camp is a high-intensity kickboxing workout that helps you build strength, gain lean muscle mass, and improve your balance, flexibility, and agility. You will learn how to strike like a pro in this non-contact class!

**P.E. 101** Physical Education. Power/Endurance. Plyometrics/Explosiveness. This workout checks all the boxes! Join us for this exciting combination of plyo and bodyweight exercises focusing on fun, effective routines to increase your power, strength and endurance. Minus the dodgeball!!

**Pilates Mat** This class is a total body/mind workout, which focuses on precise concentrated movement using the mind to feel and focus the body. Movements emphasize building strong abdominal and lower back muscles to enhance strength, muscular balance, alignment, flexibility, grace and coordination.

**Power Flow Yoga** This is a vigorous and dynamic approach to yoga. Flowing progressive yoga postures, meditative awareness and breath control are used to strengthen your body and mind. This class is geared toward the more advanced yoga student with six months-one year highly recommended.

**Power Vinyasa Yoga** This is a class that builds strength, balance, cardio and mental stamina. Be prepared to sweat and leave the class feeling refreshed to start your weekend.

**Progressions** A muscle conditioning class for all levels using various resistance equipment and steps to build strength and endurance as you tone your whole body. All levels.

**Restorative Yoga** Restorative Yoga is a relaxation method that focuses on relaxing the body and mind through a series of gentle movements and stretches that are coordinated with breath control. This class is appropriate for all skill levels.

**Results Pilates** Results Pilates uses a series of exercises based on the Pilates Method to improve your strength, flexibility, and core stability. And like the name says, in this class, it’s all about the bottom line (glutes, hips, and thighs)!

**Ride in The Zone** These multi-level indoor cycling workouts build your aerobic base and maximize your body’s ability to burn fat. All levels.

**Sports Stretch** Make this total-body stretch part of your pre-game ritual. Enhance your recovery, improve your performance, and reduce your injury potential with this rejuvenating stretching session.

**Tai Chi** is an ancient Chinese martial art. It is now practiced by millions of people around the world to improve and maintain good health. It is a form of meditative exercise. When practiced mindfully the body will be able to reach a relaxed state, and enhance the flow of inner energy known as “chi” throughout the body. Tai Chi improves concentration, focus, balance, flexibility, mental and physical awareness, reduces stress, and relaxes the mind and body which can help lower blood pressure and improve circulation. Tai Chi can also be used as self-defense, and the slow, gentle movements are suitable for people of all ages and in almost any state of health.

**Vinyasa Flow Yoga** This class focuses on synchronizing your breath with your movement. You will move from pose to pose on your inhale or exhale in a smooth, flowing sequence. Class ends with savasana (relaxation pose). This class is appropriate for all skill levels.

**Yoga 4 Beginners** Using movement, balance and sequence members will learn correct alignment, standing poses, shoulder stand, and other foundational poses of yoga.

**Yoga Sculpt** Barre plus weights and yoga equals a workout that kicks your butt!

**Zumba®** A low-impact, fat-burning workout that’s so much fun that you will want to keep coming back for more. Zumba combines simple, choreographed dance moves and up to date music infused with the Latin vibe!

There is no additional charge, unless otherwise noted, for **Members and Hotel Guests** to attend group exercise classes.

Interim Athletic Program Coordinator: Stephen Howell ([stephen.howell@laac.net](mailto:stephen.howell@laac.net)) 213-625-2211 x3467 The schedule is also available at [www.laac.com](http://www.laac.com) or follow us on Twitter @ [twitter.com/laac](https://twitter.com/laac)