

The Sports Club/LA | Upper East Side Group Exercise Schedule | Fall 2010 effective 9/13/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 – 7:15am L1-3 REV* REV Studio Melissa Morin	6:30 – 7:15am L1-3 REV* REV Studio Rebecca Alexander	6:30 – 7:15am L1-3 REV* REV Studio Al Spizener	6:30 – 7:15am L1-3 REV* REV Studio Pablo Tonbio	6:30 – 7:15am L1-3 REV* REV Studio Al Spizener	9:00 – 9:45am L1-3 zenergy Studio 2 Angel Vasquez	9:00 – 9:45am L1-3 REV* REV Studio Joanna Paterson
8:30 – 9:15am L2-3 Cardio Sculpt Studio 1 Genevieve Gordon	7:15 – 8:15am L1-3 Plates Mat Studio 2 Jonathan Ulla	6:30 – 7:30am L1-3 Splash Aqua Max Pool Judy Wyman	6:30 – 7:30am L2-3 TKO Boxing Boxing Studio Johnny Rodriguez	6:30 – 7:30am L1-3 Sunrise Yoga Studio 2 Armit Ramkisson	9:00 – 9:45am L1-3 REV* REV Studio Charles Paden	9:00 – 9:45am L2-3 Cardio Sculpt Studio 1 Stephanie Levinson
9:30 – 10:15am L1-3 REV* REV Studio Rebecca Alexander	9:30 – 10:30am L1-3 Splash Aqua Max Pool Judy Wyman	7:15 – 8:00am L1-3 Definitions Studio 1 Sean Baptiste	7:15 – 8:15am L1-3 Plates Mat Studio 2 Julietta Cuficone	7:15 – 8:00am L2-3 Cardio Sculpt Studio 1 Genevieve Gordon	9:00 – 10:00am L1-3 Splash Cardio Fusion Pool Dan Hogan	9:00 – 10:00am L2-3 TKO Boxing Boxing Studio Chellamar Bernard
9:30 – 10:30am L1-3 Plates Mat Studio 2 Cherry Reins	9:30 – 10:45am L1-2 Gentle Yoga Studio 2 Leah Nader	8:15 – 9:15am L1-3 Ultimate Bootcamp Studio 1 Unique Anderson	9:30 – 10:15am L1-3 REV* REV Studio Pablo Tonbio	8:30 – 9:30am L1-3 Define & Strengthen Studio 1 Johnny Anzalone	9:30 – 10:15am L2-3 Core Ball Studio 1 Stephanie Levinson	9:45 – 11:00am L1-2 Vinyasa Yoga Studio 2 Armit Ramkisson
9:30 – 10:30am L1-3 Definitions Studio 1 John Tarmagione	9:30 – 10:30am L1-3 BPW Studio 1 Tom Sharp	9:30 – 10:15am L1-3 REV* REV Studio Avery Washington	9:30 – 10:30am L1-3 Splash Aqua Max Pool Jill Karagezian	9:30 – 10:15am L1-3 REV* REV Studio Loi Jordan	10:00 – 10:45am L1-3 REV* REV Studio Al Spizener	10:00 – 11:00am L1-3 Zumba Studio 1 Lauren Rosenstein
10:30 – 10:45am L1-3 Abs Only Studio 1 John Tarmagione	10:30 – 10:45am L1-3 Abs Only Studio 1 Tom Sharp	9:30 – 10:30am L1-3 Splash Aqua Max Pool Judy Wyman	9:30 – 10:30am L2-3 MAXimum Burn Studio 1 Marcus Jackson	9:30 – 10:30am L1-3 Splash Aqua Max Pool Jill Karagezian	10:00 – 11:00am L1-3 Splash POOLates Pool Tina Orloff	10:00 – 10:45am L1-3 REV* REV Studio Joanna Paterson
10:30 – 11:45am L1-2 Ashtanga Yoga Studio 2 Evan Perry	11:00am – 12:00pm L1-3 Plates Mat Studio 2 Jack Hayes	9:30 – 10:30am L1-3 Plates Synergy Flow Studio 2 Jonathan Ulla	9:30 – 10:45am L1-2 Gentle Yoga Studio 2 Leah Nader	9:30 – 10:30am L1-3 Plates Mat Studio 2 Jack Hayes	10:15 – 11:00am L2-3 Cardio Sculpt Studio 1 Stephanie Levinson	11:00am – 12:00pm L2-3 Abs, Butt & Thighs Challenge Studio 1 Elissa Hyman
11:30am – 12:30pm L1-3 Splash Aqua Max Pool Jill Karagezian	12:00 – 11:55pm L2-3 Vinyasa Yoga Studio 2 Armit Ramkisson	9:30 – 10:30am L1-3 Definitions Studio 1 Sean Baptiste	10:30 – 10:45am L2-3 Abs Only Studio 1 Marcus Jackson	9:30 – 10:30am L2-3 BPW Studio 1 Tom Sharp	10:15 – 11:30am L2-3 Power Vinyasa Studio 2 Hwalan	11:00am – 12:30pm L2-3 Ashtanga Yoga Studio 2 Evan Perry
12:00 – 12:45pm L1-3 REV* REV Studio John Tarmagione	5:30 – 6:15pm L1-3 Plates Mat Studio 2 Robert Denton	10:30 – 11:45am L2-3 Vinyasa Yoga Studio 2 Armit Ramkisson	11:00am – 12:00pm L1-3 Plates Mat Studio 2 Tina Orloff	10:30 – 10:45am L2-3 Abs Only Studio 1 Tom Sharp	11:00 – 11:45am L1-3 REV* REV Studio Melissa Morin / Al Spizener	11:15am – 12:00pm L1-3 REV* REV Studio Avery Washington
12:45 – 2:00pm L1-2 Hatha Flow Yoga Studio 2 Suzanne Taylor	5:30 – 6:30pm L2-3 TKO Boxing Boxing Studio Johnny Rodriguez	12:30 – 1:15pm L1-3 Definitions Studio 1 Loi Jordan	12:00 – 1:15pm L2-3 Vinyasa Yoga Studio 2 Angel Vasquez	10:30 – 11:45am L2-3 Vinyasa Yoga Studio 2 April Martucci	11:00am – 12:00pm L2-3 Combat* Studio 1 Akin Williams	12:00 – 12:15pm L1-3 REV* REV Studio Sean Baptiste
5:45 – 6:15pm L1 REV Basics* REV Studio 104, 11/1, 12/6, 1/3 only	6:00 – 6:45pm L1-3 REV* REV Studio Joanna Paterson	6:00 – 6:30pm L1-3 Awesome Abs Studio 1 Loi Jordan	5:30 – 6:30pm L1-3 Plates Mat Studio 2 Jonathan Ulla	12:30 – 1:15pm L2-3 Cardio Sculpt Studio 1 Loi Jordan	11:30am – 12:30pm L1-3 Plates Mat Studio 2 Elaine Hatcher	12:15 – 1:15pm L1-3 Definitions Studio 1 Sean Baptiste
5:45 – 6:30pm L2-3 Athleticworks Studio 1 Angie Lee	6:00 – 7:00pm L2-3 BodyWedge 21 Sculpt Studio 1 Chris Palacios	6:30 – 7:15pm L1-3 REV* REV Studio Pam Odelech	6:00 – 6:45pm L1-3 REV* REV Studio Loi Jordan	12:30 – 1:45pm L1-3 Yoga Blend Studio 2 Meghan Nichols	12:00 – 12:15pm L1-3 Abs Only Studio 1 Marcus Jackson	12:30 – 1:30pm L1-3 Plates Mat Studio 2 Christina Gregori
6:30 – 7:15pm L2-3 Combat* Studio 1 Angie Lee	6:15 – 7:30pm L1-2 Yoga Basics Studio 2 Johnny Anzalone	6:30 – 7:30pm L1-3 Plates Mat Studio 2 Bob DeNatale	6:00 – 7:00pm L2-3 TKO Boxing Boxing Studio Xavier Ross	5:45 – 7:00pm L1-2 Hatha Flow Yoga Studio 2 Suzanne Taylor	12:15 – 1:15pm L1-3 MAXimum Burn Studio 1 Marcus Jackson	1:30 – 2:30pm L2-3 Transfigure Studio 2 Dana Chou
6:30 – 7:15pm L1-3 REV* REV Studio Avery Washington	7:00 – 8:00pm L1-3 Dance Party Studio 1 Chris Palacios	6:30 – 7:15pm L1-3 Definitions Studio 1 Loi Jordan	6:30 – 7:30pm L1-3 Plates Synergy Flow Studio 2 Jonathan Ulla	6:00 – 7:00pm L1-3 REV Plus* REV Studio Rebecca Alexander	12:30 – 1:30pm L1-3 Body Contour Studio 2 Tina Orloff	5:15 – 6:30pm L2-3 Kundalini Yoga Studio 2 Armit Ramkisson
6:30 – 7:30pm L1-2 TKO Technique Boxing Studio 104, 11/1, 12/6, 1/3 only	7:00 – 8:00pm L2-3 REV & Sculpt* REV Studio Joanna Paterson	7:30 – 8:15pm L1-3 REV REV Studio Loi Jordan	7:00 – 8:00pm L1-3 Cardio Sculpt Studio 1 Loi Jordan	6:30 – 7:30pm L2-3 TKO Boxing Boxing Studio Johnny Rodriguez	1:30 – 2:45pm L2-3 Yogilates™ Studio 2 Jonathan Ulla	6:45 – 7:30pm L1-3 REV* REV Studio John Tarmagione
6:30 – 7:30pm L1-3 Plates Mat Studio 2 Tina Orloff	7:30 – 8:45pm L1-3 Rockin-Yoga Studio 2 Karen Kassover	7:30 – 8:30pm L2-3 Power Center Studio 1 Leah Nader	7:00 – 7:45pm L1-3 REV* REV Studio Matthew Weszen	7:00 – 8:00pm L1-3 Plates Mat Studio 2 Elaine Hatcher	1:45 – 2:45pm L1-3 Zumba Studio 1 Irena Melekuic	7:30 – 8:00pm L1-3 Awesome Abs Studio 2 John Tarmagione
6:30 – 7:30pm L1-3 Splash Aqua Fit Pool Dan Hogan	8:00 – 9:00pm L2-3 Combat* Studio 1 Chellamar Bernard	7:30 – 8:45pm L2-3 Vinyasa Yoga Studio 2 Amanda Zapanta	7:30 – 8:30pm L1-3 Meditation & Stretch Studio 2 Leah Nader		5:30 – 6:45pm L1-2 Yoga Basics Studio 2 Netta Yerushalmy	

Group Exercise Manager: Melissa Morin  
Tel: 212.501.1429  
Email: mmorin@reeboksportsclubny.com

\*Sign up is required 45 minutes prior to Combat, REV™, REV™ & Sculpt. Combat sign-up sheets are located at the Fitness Desk. REV sign-ups: first class of day at Reception; all others on Club Level 5.

**Club Hours**  
Monday – Thursday 5:00am – 11:00pm  
Friday 5:00am – 10:00pm  
Saturday & Sunday 7:00am – 9:00pm  
Workout areas close 30 minutes prior to the Club.

330 East 61st Street,  
New York, NY 10065  
Tel: 212.355.5100  
Schedule Hotline: 917.286.9740



Group Exercise instructors are available for one-on-one and duet instruction. Please contact the Group Exercise Manager 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.