

Address:
12100 Olympic Blvd
Los Angeles, CA 90064
310.836.8000
www.bodiesinmotion.com



Club Hours:
Monday-Thursday: 5am-11pm
Friday: 5am-9pm
Saturday & Sunday: 7am-7pm
Schedule: February 1, 2012

Westside Media Center Winter Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 S Ride & Abs Lucie	6:15-7:15 B Kickboxing Kerry	6:30-7:30 S Ride & Abs Kim	6:15-7:15 B Kickboxing Steven	6:30-7:30 S Ride & Abs Erica	8:15-9:15 F The ABC Workout - Kim	8:00-9:00 F Step & Sculpt Elise
7:00-8:00 F Low & Sculpt Tzipora	7:00-7:45 S Roadracers Kim	7:00-8:15 Y AM Yoga Dose - Mark	7:00-7:45 S Roadracers Jonathan	7:00-8:15 Y AM Yoga Dose - Mark	9:00-10:00 B Kickboxing Aileen	9:00-10:00 F Cardio Fusion Kate C.
7:00-8:15 Y AM Yoga Dose - Mark	7:00-8:00 Y Yoga Rose	7:00-8:00 F Step & Sculpt Elaine	7:00-8:00 Y Stretch Elaine	7:00-8:00 F Low & Sculpt Tzipora	9:00-10:30 Y Power Yoga Hilary	10:00-11:00 Y Mat Pilates Pam
7:15-8:15 B Kickboxing Circuit - Kerry	7:15-8:15 F Firm Fusion- Kerry	7:15-8:15 B Kickboxing Circuit - Kerry	7:15-8:15 F Firm Fusion- Kerry	7:15-8:15 B Kickboxing Jeff	9:15-10:15 F Step Elise	10:00-11:00 B Kickboxing Steven
9:00-10:00 F Step Circuit Vay	8:15-9:15 F The ABC Workout-April	9:00-10:00 F Hi/Lo Tzipora	8:15-9:15 F The ABC Workout-Kay	8:15-9:15 Y Pilates Stetch Vicki	9:30-10:30 S Roadracers Plus- Kim	10:30-11:30 S Roadracer Plus-Pamela
10:00-11:00 F Firm Fusion Iku	9:15-10:15 F Zumba Lopez	10:00-11:00 F Firm Fusion Steve	9:15-10:15 F Low & Sculpt Elise	9:00-10:00 F The ABC Workout-Iku	10:15-11:15 F Zumba Iku	11:00-12:30 Y Extreme Yoga Lyndon
12:00-1:00 Y Power Yoga Katie	9:20-10:05 S Roadracers April	12:00-1:00 Y Power Yoga Kathy	9:20-10:05 S Roadracers Vay	9:30-10:30 B Kickboxing Kerry	10:00-11:00 B Boxing Kerry	11:15-12:15 F Raw Groove Paul
12:15-1:15 B Kickboxing Kerry	10:00-11:00 Y Mat Pilates Pam	12:30-1:15 S Roadracer Frankie	10:00-11:00 Y Mat Pilates Jann	10:00-11:00 F Cardio Fusion Karen	10:30-11:30 Y Mat Pilates Pam	5:00-6:30 Y Power Yoga Katie
12:15-1:15 S Roadracer Plus - Anda	12:15-1:15 B Boxing Lloyd	4:30-5:30 B Boxing Lloyd	12:15-1:15 B Boxing Lloyd	12:15-1:15 S Roadracer Plus- Kim	11:00-12:00 B Kickboxing Aileen	
4:30-5:30 B Boxing Lloyd	4:30-5:30 B Kickboxing Steven	5:30-6:30 B Kickboxing Robert	4:30-5:30 B Kickboxing Kerry	4:30-5:30 B Boxing Lloyd	4:30-5:30 B Kickboxing Steven	
5:30-6:30 B Kickboxing Jeff	5:15-6:00 F Muscle Blast Madness-Delandis	5:45-6:15 F Jump Rope Jam-Lloyd	5:15-6:00 F Muscle Blast Madness-Andrew	5:30-6:30 B Kickboxing Steven		
5:45-6:30 S Roadracers Carlos	5:30-6:30 B Boxing Lloyd	5:45-6:30 S Roadracers Chelsea	5:30-6:30 B Boxing Lloyd	5:45-6:30 S Roadracers Catherine		
5:45-6:15 F Jump Rope Jam-Lloyd	6:00-6:15 F Abs n Core Lab-Delandis	6:15-6:45 F Booties In Motion- Linda	6:00-6:15 F Abs n Core Lab-Andrew	6:00-7:30 Y Power Yoga Hilary		
6:00-7:30 Y Power Yoga Lyndon	5:45-6:30 S Roadracers- Raphy	6:00-7:30 Y Restorative Flow Kathy	6:00-6:45 S Roadracers UB	6:30-7:30 B Boxing Lloyd		
6:15-6:45 F Booties In Motion -Anda	6:00-7:00 Y Mat Pilates Lucie	6:30-7:30 B Boxing Lloyd	6:00-7:00 Y Pilates Fusion Anne			
6:30-7:30 B Boxing Lloyd	6:15-7:15 F Dynamic Pilates- Delandis	6:45-7:15 F ABSolutely Ripped-Linda	6:15-7:15 F Cardio, Core and Strength-Jill			
6:45-7:15 F ABSolutely Ripped-Anda	6:30-7:30 B Kickboxing Kerry	6:45-7:30 S Roadracer Katie	6:30-7:30 B Kickboxing Kerry			
6:45-7:30 S Roadracers Katie	6:45-7:45 S Roadracers Plus-Jonathan	7:15-8:15 F Cardio Fusion - Linda	7:00-8:30 Y Vinyasa Flow Lewis			
7:15-8:15 F Fitness Challenge- Zen	7:15-8:15 F New Skool Step-Izett	7:30-8:30 B Kickboxing Aileen	7:15-8:15 F Zumba Iku			
7:30-8:30 B Kickboxing Steven	7:30-8:30 B Boxing Lloyd	7:30-8:30 Y Power Pilates Pam	7:30-8:30 B Boxing Lloyd			
7:30-8:30 Y Power Pilates Pam	8:00-9:30 Y Power Yoga Belinda					
8:30-9:30 B Kickboxing Steven						

STUDIO KEY
Y - Yoga Studio
F - Fitness Studio
B - Boxing Studio
S - Spinning Studio

Group Exercise Manager-Kim Masinter
email: kmasinter@meridiansportsclubs.com
(Schedule Subject to Change)

Class Descriptions

GROUP FITNESS CLASSES

Abs n Core Lab: A half hour muscle conditioning class targeting one area - the torso. A workout for washboard abs, obliques and low back.

Basic Training: This class has it all! Get the most out of your workout through basic training techniques. Emphasis is on simplified form, functional muscle strength and endurance.

Designed for all fitness levels.

Booties In Motion: Want a Defined Behind? Try this 30-minute bake-those-buns-till-your-done, intense lower body workout.

The ABC Workout: If you want all-over body conditioning, this is the workout for you! This class combines strength, cardio, and endurance. A challenging workout that really keeps you moving. Maximize your body's performance!

Cardio, Core and Strength: Anything goes in this cardio interval class! Cardio intervals, interspersed with strength, core and balance exercises. We will use weights, bands, balls, bosu and tubing to get you in the best shape of your life!

Firm Fusion: A complete body workout combining all the best strengthening tools. Sculpt and tone your entire body while challenging your balance and working up a sweat!! Create a strong, lean and chiseled physique! Appropriate for all levels.

Fitness Challenge: A 60 min blood pumping, sweating, rock your body to the core, circuit style workout. This class is sure to get you ripped and chiseled. Increase your endurance, strength, mental stamina and go all out as you transform your physique from flab to fab.

Muscle Blast Madness! Get fit, get tone with this 45 minute total body workout. This class will work each and every body part. You are sure to get a great workout in here!

Cardio Fusion: This class is based on building endurance through non-stop cardio moves, a bit of strength training, followed by a stretch and cool down. A full body workout!

New Skool Step: A combination of hip-hop and traditional step aerobics to create a fun, exciting and sweat filled workout. This class is presented by Izett Barnett, a featured trainer for Exercise TV and a former Nike Athlete.

Jump Rope Jam: 30 minutes of intense cardio utilizing jump ropes and music to burn tons of calories and shape a better body. Intermediate and advanced jump rope techniques will be taught. All levels welcome.

Low & Sculpt: A fun workout designed to improve cardiovascular fitness with 30 to 40 minutes of high-energy routines followed by strength training exercises.

Step & Sculpt: A well rounded workout performed on the Reebok step with 30 to 40 minutes of fat burning followed by muscle toning exercises.

Step Circuit: a one hour workout full of intervals of step aerobics and strength exercises. Build strength and endurance and have fun at the same time!

Step: A high intensity cardiovascular workout using the Reebok step. The class includes 30-40 minutes of stepping followed by abs!

GROUP FITNESS CLASSES CONT.

Dynamic Physique:

the ultimate body conditioning class with emphasis on efficient strength building and core training. Through corrective exercise members will gain and maintain long lean muscles, build abdominal core strength and establish good posture.

DANCE CLASSES

Raw Groove (When the Soul and Energy connect) High cardio hip-hop to it's

fullest! The music is faster than the average dance class. NON-STOP, come prepared to sweat! This class brings you a high intensity, wild & crazy workout with the hottest hip-hop moves on the planet!

Zumba A class that combines high energy a and motivation music with unique moves and combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that one and sculpt the body. The "feel-happy" workout that is great for the body and mind.

MIND & BODY FITNESS CLASSES

AM Yoga Dose : This challenging - yet doable - class combines elements of

Kundalini and Ashtanga Yoga to enliven the body and mind. This class will prepare you to face the day ahead with fire, poise, and grace.

AM Stretch: A 30 minute stretch class designed to lengthen your muscles, increase flexibility and open up your joints. You'll stretch every muscle from multiple positions and angles in a flowing sequence. Open to all levels

Extreme Yoga: This challenging yoga class will build strength, endurance, balance focus, mobility, alignment and over all well being. Some previous yoga experience recommended.

Vinyasa Flow: A complete mind, body workout that incorporates fluidity of movement between postures to increase flexibility and maintain the range of motion in the joints. Creates a long and lean body while releasing stress and tension through breath. Some advanced postures may be introduced, however all levels are welcome.

Pilates/Stretch: A unique class combining strength and flexibility. The full body workout focuses on core training, posture, align mind and flexibility. A balanced routine for the mind and body.

Mat Pilates: An exercise technique that began as a safe way to rehabilitate injuries has evolved into a workout discipline to strengthen "the center" of the body. Slow, progressive exercises work to lengthen and strengthen while increasing flexibility. All levels welcome.

Power Pilates: Take your Pilates workout to the next level. Utilizing the flex ring, these exercises will strengthen, tone and define your muscles without creating a lot of bulk.

Stretch: A one hour class designed to increase flexibility, improve sports performance and reduce the risk of injury.

MIND & BODY FITNESS CLASSES Cont

Pilates Fusion:

Taking a holistic approach to back health, this class will help you build a stronger and more stable core, increase your flexibility, and open up your hips.

ROADRACERS Classes

Roadracers: A 45 minute stationary cycling class that emulates road riding. Done on a specially designed fixed gear bike. Using music for timing and motivation, each participant is guided through a challenging cardiovascular workout. A fast and effective way to burn calories! ALL levels welcome. Sign-up sheets are available at the front desk 30 minutes prior to class.

Roadracers Plus: This class is an extended version of Roadracers and lasts for 60minutes! Are you ready to be challenged? Sign-up sheets are available at the front desk 30 minutes prior to class.

Roadracers Max This class is an extended version of Roadracers and lasts for 75 minutes! Are you ready to be challenged? Sign-up sheets are available at the front desk 30 minutes prior to class.

Ride & Abs: Our 45 minute ROADRACERS class with an added 15 minutes of abdominal strengthening, toning and tightening.

BOXING & KICKBOXING CLASSES

EXECUTIVE BOXING: A 60 minute, cardiovascular, heart pounding, endorphin producing, addictive workout that tones every muscle in your entire body and burns fat. You'll go through a professional fighter's routine that involves stretching, shadow boxing, bag work, combination drills, lower body conditioning, and abdomen work. This workout puts Bodies on the map.

EXECUTIVE KICKBOXING : This program takes you through a professional Kickboxer's workout. It is the same as the Executive Boxing but it adds flexibility to the lower body by using kicks as well as punches in combination. There is nothing like kicking the bag to help release stress and take out those everyday frustrations.

.KICKBOXING CIRCUIT: Wake up and glove up! Get your body energized first thing in the morning with a great calorie burning body toning workout.