

## class levels

● Beginner ■ Intermediate ▲ Advanced

### ab lab ●■▲

Strengthen and tone your abdominal/back muscles.

### basic ballet ●

Follows the format of a traditional ballet class. Expect to improve core strength, muscle tone, flexibility and grace.

### beach volleyball: beg ●

Learn the basics of sand volleyball – bump, set & spike.

### beach volleyball: int ■

Perfect your technique and prepare for your next tournament. Offensive/defensive drills, strategies and plyometrics are covered. Players must qualify.

### the beast ■▲

A cardiovascular and muscular workout. Running, pushups, sit-ups and weight training are involved. For fees and to register, call 212.336.6099.

### bodyART ●■▲

This yoga inspired class combines elements from Tai Chi, Pilates & strength exercises. BodyART's five energysystems(Arrive/Extend/Circulate/Descend/Quiet) realign & challenge the body as one complete system.

### body sculpt ●■▲

Strength & resistance exercises improve endurance, posture and alignment.

### boxing 30/30 ■▲

Professional Boxer Gary "Kid" Stark starts off with 30 minutes of intense boxing training combinations, running intervals and heavy bag workout. The class concludes with either a vigorous 30-minute bag workout or sparring session. Sparring is for the experienced boxer. Mouth piece required.

### boxing basics ●■

Bag work, jump rope, focus pads, and conditioning drills are used to prepare you for 1-on-1 contact training.

### cardio sculpt ●■▲

Cardio training (20 mins.), strength training (30 mins.) and stretching (10 mins.).

### chisel ●■▲

A 45-minute weight training workout.

### core ball ●■▲

Think Ab Lab, but with a stability ball.

### cycle ●■▲

This 45-minute cycling workout takes participants on climbs, sprints and flats set to music and virtual/video.

### cycle-ology ●■▲

Become a truly fit cyclist by learning the physical, psychological and spiritual components of the sport. This seasonal class is 90 minutes.

### flexpress ●■▲

A fast-paced toning class that is time efficient and effective. Hand weights, body bars and bench are utilized.

### gentle yoga ●

A series of nurturing physical postures based on yoga. May help relieve back pain, headaches, insomnia and shortness of breath.

### hatha yoga ●■▲

Move through asanas (postures) and pranayama (breath) to control the mind and senses. Class includes breathing exercises, body postures and meditation.

### high performance swim ■

Instruction-based swim workouts to improve technique. On-deck coaching.

### high velocity ●■▲

Jump rope and body sculpt packed into one 30-minute class.

### high volume intervals ●■▲

Indoor speed interval class geared toward reducing average mile pace for 5K to marathon runners. Pacing is based on individual performance during first set of intervals and mile pace goal.

### h.i.t. ■▲

High Intensity Training (H.I.T.) is weight training performed at a high level of effort and in a controlled manner. Emphasis is placed on lifting, holding and lowering each exercise to the point of exhaustion.

### interval box ▲

Endurance focused shadow boxing complemented by intervals of jump rope.

### jazz dance ■▲

Express yourself in this energetic dance class while exploring contemporary and traditional jazz styles.

### joy ride ●■▲

Expect the unexpected in this energy-packed cycle class. You're guaranteed a solid workout and an enjoyable ride.

### lunchBox ●■▲

Learn to box. Bag work, jump rope, focus pads and conditioning drills prepare you for 1-on-1 contact training.

### masters swim team ▲

Open to registered team members only. For information, call 212.336.6099.

### max out ●■▲

Weight training program for enhancing muscle mass. Bars, tubing and free weights are used.

### one-two combo ●■▲

Led by a member of the Air Force Boxing Team, this class will perfect your jab, partner work footwork in the ring and at the bag. Condition the core for strength and power.

### open vinyasa ■▲

A challenging Hatha Yoga class that includes breathing exercises, meditation and body postures.

### perfect buns ●■▲

Learn ways to lift that tush, enhance your derriere and look good from the backside. Create beautiful gams that complement perfect buns with abs, squats, lunges and kicks.

### pilates mat ●■▲

Postural alignment and strength exercises tone and stretch the spine, hips, abs and back. Focus on breath, joint extension and muscle balance.

### power hour ●■▲

Power Hour will have you stepping, jumping, punching, lunging, pushing and pulling. This lunchtime class keeps your heart rate up and your muscles burning. Expect cardio and weight training.

### power vinyasa ■▲

This yoga method involves synchronizing breathing with a progressive series of postures that increase internal heat and detoxifies muscles and organs.

### restorative yoga ●■▲

Yoga props are used for body support with each pose to induce relaxation by calming the nervous system. Great for regular yogis and pre/post injuries.

### ripped! ■▲

A complete athletic workout designed to strengthen, condition, tone and define. Adjustable barbells, body bars and free weights incorporated.

### road trip ●■▲

This 60-minute cycling workout takes participants on a longer, flat ride set to music and virtual/video.

### street hip-hop ●■▲

Hip-hop moves that have an urban flare.

### stretch, strength & tone ●■▲

Basic stretching techniques that combines elements of yoga, dance, Pilates and resistance training using free weights. Emphasis is placed on proper alignment and form to aid in the effectiveness of each specific exercise to increase your tone, stability and flexibility.

### swimTech ■

Coached group lap swim class, which includes interval training.

### tread ■▲

A treadmill training class that focuses on balance, speed, interval training and weight loss. Meet at the south end of the cardio area. (Experienced runners)

### triathlon training ●■▲

This 8-week program integrates swim, bike and run workouts. For fees and to register, call 212.336.6099.

### video ride ●■▲

Goodbye Rock 'n Roll, hello Video Ride! Cycle to your favorite music videos on three 60" TVs.

### vinyasa blend ●■▲

Inspired by the teachings of Sri Dharma Mittra, this class is a perfect blend of Hatha and Vinyasa Yoga. All levels.

### vinyasa yoga ●■▲

A series of posture sequences arranged to flow together with breath and moving meditation.

### warp speed ■▲

A drill-oriented class that will improve running time, speed and endurance.

### water works ●■▲

A pool workout using water resistance to improve endurance and flexibility. Aqua shoes recommended.

### yoga basics ●

Students refine their practice through a series of asanas each week.

### zumba/zumba gold ●■▲

Zumba is a Latin-inspired, dance-fitness class, incorporating Latin music and dance moves. Beginners, try Zumba Gold. Join the party!

### family day sundays, 9:00-2:00pm

### family swim - open swim 9:00am-12:30pm, (18 months+)

Family swim is for parent and child. Children 18-36 months should wear plastic undergarments and be with parent. Lifeguard on duty.

### kids programs

#### kidBox

(Ages 8-14) Kidbox delivers a variety of progressive & fun real-life movements that focus on balance, agility and coordination, which make this an exciting and effective cardio/strength workout for kids.

#### yoga 4 kids

(Ages 5-11) Storytime integrated with fun, healthy yoga postures.

#### zumbatomic

(Ages 4-11) A kid-friendly music and movement class that promotes a fun and healthy lifestyle for children, using the ZUMBA Fitness concept!

## INTRODUCTORY TRAINING PACK

If you are a new member or new to training, we encourage you to take advantage of our

### INTRODUCTORY TRAINING 3-PACKS AT A 50% DISCOUNT

Trainer Level	3-Pack Price
Advanced	\$150
Pier	\$160
Elite	\$180
Master	\$200

Available for new members or new training clients only.

**Visit or call 212.336.6099 for the Fitness Desk to purchase and schedule today!**

## ATHLETES CAMP



Sports Center Trainer Grayson Fertig employs the same methods he has used to train professional, collegiate, and aspiring Olympic athletes to create the Athletes Camp. Athletes improve quickness, agility, power, balance, speed, and strength through performance based drills and exercises.

### Next Sessions Starts January 3 & 4 4-WEEK CAMPS ARE CONTINUOUS

SCHEDULE		COST
Tuesday & Thursday	6:30am	\$400 for Members
Wednesday & Friday	6:30am	
Wednesday & Friday	7:30am	\$500 for Non-members
Wednesday & Friday	12:00pm	

Contact the Fitness Desk to register, 212.336.6099.



# Jan-Mar 2012

**club hours:**  
mon.-thur. 5:30am-11pm  
fri. 5:30am-10pm  
sat. & sun. 8am-9pm

**212.336.6000**  
[www.chelseapiers.com/sc](http://www.chelseapiers.com/sc)

# classes schedule

# class schedule

All new classes and changes are listed in blue.

## monday

5:45 – 6:45	Triathlon* (A) Run .....	Andrew/Nathan	T
6:00 – 7:00	The Beast* .....	Gerald	A
7:00 – 8:00	The Beast* .....	Gerald	A
9:30 – 10:30	Gentle Yoga .....	Paulo	<b>A</b>
10:30 – 11:45	Restorative Yoga .....	Lisa	<b>B</b>
12:00 – 12:30	Ab Lab .....	John	A
12:30 – 1:15	Cycle .....	Joanna	CS
12:30 – 1:30	Power Hour .....	John	A
5:30 – 6:45	Power Vinyasa .....	Amitai	B
6:00 – 6:45	FleXpress .....	Duant	A
6:30 – 7:30	Road Trip .....	Dolores	CS
6:45 – 7:15	Ab Lab .....	Duant	<b>A</b>
6:45 – 7:45	Interval Box .....	Pamela	<b>B</b>
7:00 – 8:00	Warp Speed .....	Brady	T
7:15 – <b>8:00</b>	Pilates Mat .....	Bonnie	<b>A</b>
7:30 – 8:15	Cycle .....	Matthew S.	CS
<b>7:45 – 8:45</b>	Jazz Dance .....	Ryan	B
<b>8:00 – 9:30</b>	Vinyasa Blend: All Levels .....	Amitai	A

## thursday

6:00 – 7:00	H.I.T. ....	Gerald	A
7:00 – 7:45	Cycle .....	Tim	CS
7:00 – 8:00	Triathlon* (B) Run .....	Rick/Danny	T
8:30 – 9:30	Pilates Mat .....	<b>Marie</b>	A
9:30 – 10:30	Zumba Gold .....	Yvonne	A
9:30 – 10:30	Gentle Yoga .....	<b>Jeffery</b>	B
10:30 – 11:45	Restorative Yoga .....	Lisa	A
12:00 – 12:30	Core Ball .....	Tom	B
12:00 – 1:00	LunchBox .....	Gary G.	R
12:30 – <b>1:15</b>	Chisel .....	Tom	B
12:30 – 1:15	Cycle .....	Andrew K.	CS
12:30 – 1:45	Hatha Yoga: <b>All Levels</b> .....	Joan	A
5:45 – 7:00	Vinyasa Yoga: Int/Adv .....	Catherine	B
6:30 – 7:30	Boot Camp: Adv .....	Warren	A
6:30 – <b>8:00</b>	<b>Cycle-ology</b> .....	Dolores	CS
7:00 – 7:30	Ab Lab .....	Pamela	B
7:30 – 8:00	High Velocity .....	Pamela	A
7:30 – 8:30	Pilates Mat .....	Bonnie	B

## tuesday

6:00 – 7:00	H.I.T. ....	Gerald	A
7:00 – 8:00	Triathlon* (B) Bike .....	Rick/Danny	CS
8:00 – 8:45	Video Ride .....	Adam	CS
8:30 – 9:30	Pilates Mat .....	<b>Marie</b>	A
9:30 – 10:30	Gentle Yoga .....	Suzanne	B
9:30 – 10:30	Zumba Gold .....	Yvonne	A
10:30 – 11:30	Body Sculpt .....	Viveca	A
12:00 – 12:30	Core Ball .....	Tom	B
12:00 – 1:00	LunchBox .....	Gary G.	R
12:30 – <b>1:15</b>	Chisel .....	Tom	B
12:30 – 1:15	Cycle .....	Andrew K.	CS
12:30 – 1:45	Hatha Yoga: <b>All Levels</b> .....	Joan	A
5:45 – 7:00	Vinyasa Yoga: Int .....	Catherine	A
6:00 – 7:00	Perfect Buns .....	Juel	B
6:15 – 7:00	Video Ride .....	John	CS
6:30 – 7:30	Boxing 30/30 <sup>†</sup> .....	Gary S.	R
7:00 – 7:30	Ab Lab .....	Juel	B
7:00 – 8:00	Road Trip .....	Christopher	CS
7:00 – 8:00	Boot Camp: Adv .....	Warren	A
7:30 – 8:30	Zumba .....	Vanessa	B
8:00 – 9:00	BodyART .....	<b>Louis C.</b>	A

<sup>†</sup>Hand wraps mandatory.

## friday

6:00 – 7:00	The Beast* .....	Gerald	A
7:00 – 8:00	The Beast* .....	Gerald	A
9:30 – 10:30	Gentle Yoga .....	Joan	A
10:00 – 11:00	Body Sculpt .....	Viveca	B
12:00 – 12:30	Ab Lab .....	John	A
12:00 – 12:30	<b>Cycle</b> .....	<b>Joanna</b>	<b>CS</b>
12:30 – 1:30	Max Out .....	John	A
6:00 – 6:30	Ab Lab .....	Duant	B
6:30 – 7:30	One-Two Combo .....	Gary G.	R
6:30 – 7:30	FleXpress .....	Duant	B
6:30 – 8:00	Vinyasa Yoga: Beg/Int .....	Paulo	A
6:30 – 8:30	Beach Volleyball: <b>Int</b> .....	<b>Anna/Kevin</b>	SC
6:45 – 7:30	Cycle .....	Nicky	CS

### class policies

Please mention any physical limitations to the instructor prior to the start of class. The purpose of a warm-up is to prevent injury. For this reason, please do not enter a class if you are more than 10 minutes late.

### room key

62 = Pier 62  
A = Studio A  
B = Studio B  
CA = Cardio Area  
CS = Cycle Studio

P = Pool  
R = Boxing Ring  
SC = Sand Court  
T = Track

## wednesday

5:45 – 6:45	Triathlon* (A) Cycle ...	Andrew/Nathan	CS
6:00 – 7:00	The Beast* .....	Gerald	A
6:45 – 7:45	Joy Ride .....	Pall	CS
7:00 – 8:00	The Beast* .....	Gerald	A
7:00 – 8:15	Vinyasa Yoga: All Levels .....	Paulo	B
9:30 – 10:30	Gentle Yoga .....	Joan	A
12:00 – 12:30	Ab Lab .....	John	A
12:30 – 1:15	Video Ride .....	Jeanette	CS
12:30 – 1:30	Power Hour .....	John	A
6:15 – 6:45	Ab Lab .....	Howard	A
6:15 – 7:15	Ripped! .....	Pall	B
6:30 – 7:15	Video Ride .....	Jeanette	CS
6:45 – 7:15	<b>Tread</b> .....	Howard	CA
6:45 – 8:15	Vinyasa Yoga: All Levels .....	Paulo	A
7:00 – 8:00	Warp Speed .....	Brady	T
7:15 – 8:15	Pilates Mat .....	Howard	B
7:30 – 8:30	Joy Ride .....	Pall	CS
<b>7:30 – 8:30</b>	<b>Beach Volleyball: Beg</b> .....	<b>Anna</b>	<b>SC</b>
8:15 – 9:15	Street Hip-Hop .....	Joe	B

## saturday

10:00 – 11:00	Pilates Mat .....	<b>Louis M.</b>	B
10:00 – 11:00	Interval Box .....	Pamela	A
10:00 – 11:00	Road Trip .....	Tim/ <b>Joanna</b> **	CS
11:00 – 12:00	Road Trip .....	Joanna/ <b>Colleen</b> **	CS
<b>11:00 – 12:00</b>	Boxing Basics <sup>†</sup> .....	Gary S.	R
11:00 – 12:00	High Volume Intervals .....	Evan	T
11:00 – 12:00	Restorative Yoga .....	Robert	A
11:00 – 12:00	Zumba .....	<b>Gigi</b>	B
12:00 – 1:00	Basic Ballet .....	Ryan	B
12:00 – 1:30	Vinyasa Yoga: All Levels .....	Robert	A
1:00 – 2:00	Stretch, Strength & Tone .....	Andrew J.	B
2:00 – 3:00	Street Hip-Hop .....	Joe	B
3:00 – 3:30	Ab Lab .....	Joe	B
5:30 – 7:00	Vinyasa Blend: Int/Adv .....	Amitai	A

<sup>†</sup>Hand wraps mandatory.

\*\*Joanna and Colleen start February 4.

# aquatics schedule

Lanes 2-6 are utilized for all classes.

## monday

5:45 – 7:00am	Full Throttle* .....	Scott
7:30 – 9:00pm	Masters Swim Team* .....	Margie

## tuesday

6:30 – 8:00am	High Performance Swim .....	Lance
10:30 – 11:30am	Water Works .....	<b>Catalina</b>
12:00 – 1:00pm	SwimTech .....	Lance
7:00 – 8:30pm	Masters Swim Team* .....	Mary

## wednesday

5:45 – 7:00am	Full Throttle* .....	Scott
<b>6:30 – 8:00pm</b>	Masters Swim Team* .....	Carlie

## thursday

5:45 – 6:45pm	Triathlon* (A) .....	Andrew/Nathan
<b>6:45 – 8:15am</b>	Masters Swim Team* .....	Lance
10:30 – 11:30am	Water Works .....	<b>Pall</b>
12:00 – 1:00pm	SwimTech .....	Lance
7:00 – 8:30pm	Masters Swim Team* .....	Dario

## friday

5:45 – 7:00am	Full Throttle* .....	Scott
6:30 – 7:30pm	High Performance Swim .....	Lance/Margie

## saturday

7:00 – 8:00am	Triathlon* (B) .....	Rick/Danny
9:00 – 10:30am	Masters Swim Team* .....	Slava
12:00 – 1:00pm	Water Works .....	<b>Tal</b>

## sunday

9:00 – 12:30pm	Family Swim .....	Open Swim
3:30 – 4:30pm	Beginner Swim I* .....	Slava
4:30 – 5:30pm	Beginner Swim II* .....	Slava
5:30 – 7:00pm	Masters Swim Team* .....	Slava

\*Fee-based program, registration required. Call 212.336.6099 for details.

## sunday (family day 9am-2pm)

9:45 – 11:15	Open Vinyasa: Int/Adv .....	Adrienne	A
10:15 – 11:00	Joy Ride .....	Pall	CS
10:15 – 11:15	Pilates Mat .....	Marie	B
11:15 – 12:15	Cardio Sculpt .....	Stephen	A
11:15 – 12:15	Yoga Basics .....	Adrienne	B
11:15 – 12:15	Road Trip .....	Dolores	CS
<b>12:00 – 12:45</b>	<b>KidBox</b> .....	<b>Eilon</b>	<b>R</b>
12:15 – 12:45	Ab Lab .....	Stephen	A
12:15 – 1:00	Yoga 4 Kids .....	Lisa	B
<b>1:00 – 1:45</b>	ZumbAtomic .....	Yvonne	A
4:30 – 6:00	Hatha Yoga: All Levels .....	Ted	A
5:30 – 6:15	Cycle .....	Marc	CS