

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, 2010

Westside Media Center Winter Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:30 S	Ride & Abs Kim	6:15-7:15 B	Kickboxing Kerry	6:30-7:30 S	Ride & Abs Rachel	6:15-7:15 B	Kickboxing Steven	6:30-7:30 S	Ride & Abs Amy	8:15-9:15 F	The ABC Workout - Kim	9:00-10:00 F	Cardio Fusion Sabine
7:00-8:15 Y	AM Yoga Dose - Mark	7:00-7:45 S	Roadracers Kim	7:00-8:15 Y	AM Yoga Dose - Mark	7:00-7:45 S	Roadracers Kim	7:00-8:15 Y	AM Yoga Dose - Mark	9:00-10:00 B	Kickboxing Aileen	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	9:00-10:30 Y	Power Yoga Hillary	10:00-11:00 F	New Skool Step -Izett
10:00-11:00 F	Firm Fusion Jessica	8:15-9:15 F	The ABC Workout -April	10:00-11:00 F	Firm Fusion Karen	8:15-9:15 F	The ABC Workout -Kay	9:30-10:30 B	Kickboxing Kerry	9:30-10:45 S	Roadracers Max (75min)Kim	10:00-11:00 B	Kickboxing Steven
12:00-1:00 Y	Power Yoga Courtney	9:20-10:05 S	Roadracers April	12:00-1:00 Y	Power Yoga Courtney	9:20-10:05 S	Roadracers Sabine	10:00-11:00 F	Cardio Fusion Karen	10:15-11:15 F	Raw Groove - Paul	10:30-11:30 S	Roadracer Plus-Greg
12:15-1:15 B	Kickboxing Kerry	10:15-11:15 Y	Mat Pilates Pam	12:15-1:15 S	Roadracer Plus - Anthony	10:15-11:15 Y	Mat Pilates Jann	12:15-1:15 S	Roadracer Plus- Jessica	10:00-11:00 B	Boxing Kerry	11:00-12:30 Y	Extreme Yoga Lyndon
12:15-1:15 S	Roadracer Plus - April	12:15-1:15 B	Boxing Lloyd	4:30-5:30 B	Boxing Lloyd	12:15-1:15 B	Boxing Lloyd	4:30-5:30 B	Boxing Lloyd	10:30-11:30 Y	Mat Pilates Pam	11:15-12:15 F	Raw Groove - Paul
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	5:30-6:30 B	Kickboxing Steven	11:00-12:00 B	Kickboxing Aileen	5:00-6:30 Y	Power Yoga Sarah
5:30-6:30 B	Kickboxing Jeff	5:15-5:45 F	Tone it UP Greg	5:45-6:15 F	Jump Rope Jam-Lloyd	5:15-5:45 F	Tone it UP Steph	5:45-6:30 S	Roadracers Chris	4:30-5:30 B	Kickboxing Greg		
5:45-6:30 S	Roadracers Jessica	5:30-6:30 B	Boxing Lloyd	5:45-6:30 S	Roadracers Ann	5:30-6:30 B	Boxing Lloyd	6:00-7:30 Y	Power Yoga Courtney				
5:45-6:15 F	Jump Rope Jam-Lloyd	5:45-6:15 F	ABSolutely Ripped -Greg	6:15-6:45 F	Booties In Motion -Linda	5:45-6:15 F	ABSolutely Ripped -Steph	6:30-7:30 B	Boxing Lloyd				
6:00-7:30 Y	Power Yoga Amy	5:45-6:30 S	Roadracers- Sabine	6:00-7:15 Y	Level I Yoga Courtney	5:45-6:30 S	Roadracers Chris						
6:15-6:45 F	Booties In Motion - Sabine	6:00-7:00 Y	Mat Pilates Michelle	6:30-7:30 B	Boxing Lloyd	6:00-7:00 Y	Mat Pilates Sabine						
6:30-7:30 B	Boxing Lloyd	6:25-7:15 F	Fitness Challenge -Greg	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 -Sabine	6:30-7:30 B	Kickboxing Kerry	6:45-7:45 S	Roadracer Plus Jessica	6:30-7:30 B	Kickboxing Kerry						
6:45-7:30 S	Roadracers Rachel	6:45-7:30 S	Roadracers Amy	7:15-8:15 F	Cardio Fusion - Linda	6:45-7:45 S	Roadracers Plus-Kate						
7:15-8:15 F	Basic Training Sabine	7:30-8:30 B	Boxing Lloyd	7:30-8:30 B	Kickboxing Aileen	7:00-8:30 Y	Vinyasa Flow -Belinda						
7:30-8:30 B	Kickboxing Jeff	8:00-9:30 Y	Power Yoga Belinda	7:30-8:30 Y	Power Pilates Pam	7:15-8:15 F	Raw Groove - Paul						
7:30-8:30 Y	Power Pilates Pam					7:30-8:30 B	Boxing Lloyd						
8:30-9:30 B	Kickboxing Aileen												

Meridian's Bodies In Motion Boot Camp
Tues/Thur 5:45am-6:45am
****Extra fee required****
email: kmasinter@meridiansportsclubs.com

Group Exercise Manager-Kim Masinter

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

(Schedule Subject to Change)
Visit www.bodiesinmotion.com for the complete
class schedule and descriptions

WESTSIDE MEDIA CENTER CLASS DESCRIPTION

GROUP FITNESS CLASSES

ABSolutely Ripped: 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 50 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.

Tone it UP : 30 minutes dedicated to sculpting your upper body. This class will strengthen, sculpt and tone you UP! Focus is on arms, chest and back.

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.

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!

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.

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

Hip Hop Flow : A rigorous Power Yoga class, suited to anyone from advanced yogis to beginners. Combine the heart pumping bass of hip-hop music with the ancient tradition of power yoga. Come get your sweat on!

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.

Level 1 Yoga: Beginner to yoga? This class is for anyone and everyone. 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.

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.

ROADRACERS Classes

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

Roadracers Plus: 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.

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.

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.

KICKBOX AND BURN: A high energy, fat burning, cardio kickboxing workout that challenges your mind, strengthens your body, and invigorates your spirit while you learn how to defend yourself.

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Fullerton Rolling Hills Century City San Rafael Park LaBrea Miracle Mile Encino Northridge Pasadena West L.A.