



# Press Kit

The Sports Club/LA and Reebok Sports Club/NY



THE SPORTS CLUB/LA

**Reebok**

SPORTS CLUB/NY



# The Sports Club/LA and Reebok Sports Club/NY

## Premier Health Clubs Designed to Help Members Achieve Their Fitness Goals

The Sports Club/LA and Reebok Sports Club/NY are premier health and fitness clubs committed to helping their Members achieve their health and fitness goals. Each Club provides an extensive range of amenities and programs, as well as access to highly experienced fitness professionals, all within state-of-the-art facilities of unparalleled size. With locations in New York, Boston, Washington DC, Miami, and San Francisco, the Clubs offer Members the ultimate health resource. Among the Clubs' signature offerings is the personalized, five-star service provided by their specialists within the following groups: *Fitness*, *Group Exercise*, *Sports*, *Mind Body*, and *Spa*. In addition to these areas of health and fitness, the Clubs offer amenities including *For Kids Only* – the Clubs' child care facilities – the Executive Membership program, and a team of advisors for nutrition, physical therapy and more.

### Fitness

Whether Members choose to work out independently or with a Private Trainer, the Clubs' expansive facilities and broad selection of classes and workout options deliver the ultimate fitness experience to support Members in their quest for personal health. The Clubs' stationary and free-weight equipment and state-of-the-art cardiovascular machines, available in a wide assortment that ensures access to equipment at all times, also enable Members to vary their workouts based on goals and personal preferences. Private trainers are partnered with clients to suit Members' goals, special needs, and particular interests. Renowned for their knowledge, expertise and education, the trainers are also provided with ongoing education. The Clubs also regularly select trainers to join their Advantage training program.

### Group Exercise

The unparalleled schedule of classes available at The Sports Club/LA and Reebok Sports Club/NY make them the undisputed leaders in the category. With an average of 100 weekly classes, Members can choose from a broad selection that ranges from Zumba, REV (spinning), kick and traditional boxing and sculpting classes, as well as specialty classes including Barre Lengthen and Tone, Belly Dancing, Chain Reaction, and signature classes like zenergy. The schedule changes four times annually, further expanding the diverse selection.

### Sports

The Clubs offer an extensive variety of sports facilities and services in the industry, with open and league play available for basketball, squash, soccer, and volleyball. Facilities also boast swimming pools for laps and swimming lessons, in-facility and outdoor tracks, and even a rock-climbing wall.

### Mind Body

Always at the forefront of the fitness industry, The Sports Club/LA and Reebok Sports Club/NY redefined the health club category with their Mind Body Studios in Boston, New York (at Reebok Sports Club/NY), and San Francisco. The Clubs took inspiration from nature to create the naturally-lit studios, featuring a calming ambience and top-of-the-line yoga, Pilates, and Gyrotonic® equipment. Built upon the existing Mind Body programming, which had offered extensive yoga and Pilates classes taught by preeminent instructors, these studios now offer Members the luxury of a complete Mind Body experience within the Club.

## The Spa

As a partner in health and wellness, The Spa at The Sports Club/LA delivers results-oriented treatments to Members and guests. With The Spa's services offered in the New York, Boston, Miami, Washington DC, and San Francisco locations, Members have convenient access to a complete menu of facial treatments, massages, beauty services and treatment packages to conveniently complement their health and wellness routines.

## Special Amenities

The Sports Club/LA and Reebok Sports Club/NY established *For Kids Only (FKO)\*\** to offer quality childcare and enrichment services for children 6 months to 12 years. Serving as a club within a club, FKO encompasses all aspects of a child's development – social, physical, emotional, and intellectual – to nurture young minds and bodies. In addition to providing child care services to Members, FKO makes its enrichment programs available to non-members as well. Under the guidance of early childhood education specialists, FKO fosters self-esteem, creativity, and problem solving through age-appropriate daycare services and supplemental course offerings. Its comprehensive schedule provides a variety of educational, athletic, and creative arts classes, such as computer clinics, music classes, yoga, and sports-specific workshops.

*\*\*Offered at all Clubs except Miami and San Francisco.*

Members interested in the ultimate Club experience can opt for the Executive Membership package, which features bi-coastal membership, use of a personal locker, complimentary laundry services, charge privileges, and a number of complimentary private training sessions. Specific locations also feature access to a private Executive Locker Room, shower, and spa area. Rates and amenities for the program vary at each location.

Because The Sports Club/LA and Reebok Sports Club/NY recognize the holistic nature of health and fitness, the Clubs have incorporated a staff of specialists to help Members achieve their goals outside the Club. Nutritionists help Members stay on track at home and in the office, while Physical Therapists can help Members recuperate and get back on track.

In addition to each Club's comprehensive fitness offerings, locations also feature state-of-the-art amenities and services to enhance Members' experiences. Upon entering the locker rooms, Members are presented with a private locker for use during their visit. Spacious changing and vanity areas are complete with grooming aids and steam rooms. Saunas and Jacuzzis are also available for their use. At an additional charge, Members can also take advantage of the Clubs' on-site dry cleaning and laundry services. In New York, Miami, and Boston, the palatial facilities extend outdoors to include beautiful outdoor decks that overlook each city's iconic skyline. These decks are available for private events.

Clubs operated by Millennium Partners Sports Club Management, LLC  
The Sports Club/LA has locations in the following cities:

- BOSTON (Located at Avery St and Tremont, adjacent to Ritz-Carlton)
- MIAMI (Located at Brickell Ave, adjacent to Four Seasons)
- SAN FRANCISCO (Located at Market St, adjacent to Four Seasons)
- WASHINGTON D.C. (Located at 22nd St NW and M St NW, adjacent to Ritz-Carlton)
- NEW YORK (Located on the Upper East Side at 61st St between 1st and 2nd Ave)
- Reebok Sports Club/NY is located in NEW YORK (Located on the Upper West Side at Columbus and 67th St)

*\* Please note: services, classes and amenities vary by location.*

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## Fitness, Sports and Group Exercise

Home to the most inspiring fitness experience in the industry, The Sports Club/LA and Reebok Sports Club/NY offer Members expansive facilities, unparalleled selection, five-star service and wide-ranging expertise – all of the essentials needed to achieve their fitness goals.

### Venues/Equipment

With Clubs ranging from more than 50,000 to 150,000 square feet, each location boasts beautifully maintained, naturally lit facilities. Hundreds of state-of-the-art machines and pieces of fitness equipment ensure that Members have the tools necessary for any fitness need and are never left waiting for a piece of equipment – even during peak times. Each Club includes a cardiovascular center with an extensive variety of the most advanced computerized cardiovascular equipment today, such as Woodway treadmills, Elliptical Cross-trainers™, VersaClimbers, and more. All cardiovascular equipment are also equipped with personalized televisions. In addition, the Clubs have a fully equipped strength training area, featuring state-of-the-art weight training equipment and free weights, including Cybex®, Precor®, Life Fitness®, Nautilus, and TRX® Suspension Training.

### Group Exercise

With an average of 100 group exercise classes each week, Members are treated to a wide selection of cardio, strength and Mind Body offerings. The volume of the most popular programs ensures that Members will never miss out on their favorite classes, from Zumba, Definitions or REV to Vinyasa Yoga and signature classes such as Zenergy. At The Sports Club/LA and Reebok Sports Club/NY, industry leaders teach Group Exercise classes that feature both traditional and new techniques and exercises.

### Sports

In addition to boxing studios, pools, and even a rock-wall in some locations, members with a competitive spirit can participate in the Clubs' extensive sports program, featuring basketball, volleyball, soccer, and squash leagues, clinics, and tournaments, which are also open to non-members for a nominal fee. Open sessions and instruction from sports-specific professionals are also available for those looking to add variety to their workout or improve their game.

### Private Training

As the Club's most popular service, private training offers personalized instruction, evaluation of Members' current health and fitness goals, and custom-tailored programs that specifically meet each Member's needs. The club's Private Trainers are renowned for their knowledge, expertise and education. Only hired after years of experience, every trainer is required by the company to earn the NASM (National Academy of Sports Medicine) certification within six months of employment, and undergo an additional 56 hours of training. The top trainers from each location are also selected by the clubs to participate in the Advantage training program, requiring all participants receive additional education and practical experience to further develop their fitness expertise.

With professionals that specialize in virtually every type of exercise, ranging from spinning and sculpting to belly dancing and ballet to triathlon training, The Sports Club/LA and Reebok Sports Club/NY's fitness experts are the ultimate resource for health-related topics. In addition to Private Trainers, the Club also features a wealth of professionals with knowledge and experience tailored to specific sports such as basketball, boxing, soccer, squash, volleyball, and rock climbing.

*\* Please note amenities, class offerings and services vary by location.*

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# Mind Body Studios

San Francisco, Boston, New York

Built on the existing Mind Body programs at The Sports Club/LA and Reebok Sports Club/NY, the Mind Body Studios in San Francisco, Boston, and New York, provide the perfect backdrop for Members to advance their Yoga, Pilates, and Gyrotonic® training. As meditative retreats within each club, the studios offer a unique combination of serene yet expansive rooms, a robust class schedule and an elite group of instructors, ensuring members of varying levels, ages, and interests are delivered the essentials needed to take their practice to the next level.

The Mind Body Studios – featuring varied and unique spaces named for elements found in nature – offer warm, earth-toned designs and soothing music, ensuring the utmost comfort for Members and guests. Members also have access to expansive Pilates and Gyrotonic training rooms, which feature an array of new, state-of-the-art equipment including Reformers, Cadillacs, and Pulley Towers.

An extensive and diverse schedule of more than 50 classes weekly ensures consistent offerings during peak times. The Mind Body schedule features a comprehensive selection of Yoga, Pilates, and Gyrotonic® classes and programs, numerous specialty classes such as Budokon® and BalleCore™, as well as semi-private workshops and seminars – often led by renowned Mind Body practitioners.

With a wide range of experts, The Sports Club/LA and Reebok Sports Club/NY's Mind Body professionals are well-versed in the specific programs offered and the philosophies and benefits associated with these practices.

Specific amenities at The Mind Body Studios include:

## San Francisco

- 11,000 square feet
- 50+ classes weekly
- 2,000 sq. ft. 'Fire' Studio for rigorous practices such as Power Yoga
- 900 sq. ft. 'Water' Studio for restorative classes such as Hatha Yoga
- 5 smaller studios for more personalized instruction through one-on-one, duet, or trio sessions

## Boston

- 9,000 square feet
- 60+ classes weekly
- 2,000 sq. ft. 'Fire' studio is naturally lit by a dramatic wall of 50ft. tall windows
- 1,250 sq. ft. 'Water' studio features restorative classes such as Hatha Yoga
- 3 smaller studios for more personalized instruction through one-on-one, duet, or trio sessions

## Reebok Sports Club/NY

- 5,000 square feet
- 50+ classes weekly
- 1,700 sq. ft. naturally lit 'Fire' studio for Yoga and Pilates mat classes
- 2 smaller studios for more personalized instruction through one-on-one, duet, or trio sessions

*\*Please note, the other locations offer mind body programming, but not dedicated Mind Body Studios.*

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## The Spa

Rounding out the Club's extensive offerings, The Spa at The Sports Club/LA is located in five locations and is dedicated to delivering results-oriented treatments in a way that perfectly complements every visit to the Club. With a menu that features numerous signature treatments and packages, as well as those tailored to female and pre/post-natal guests, services are designed to restore balance, rejuvenate and detoxify. Whether one is seeking a post-workout massage or a day-long experience, The Spa offers an extensive array of options with services ranging from facials, body treatments, and therapeutic massages to multiple-treatment packages.

Offering a wide variety of facial treatments, The Spa's team of aestheticians assess each client's needs, and provide counsel on selecting the appropriate treatments and skincare products. Using only products created from the purest ingredients, The Spa's collection of facial treatments ranges from the Signature Facial – an aromatherapy treatment designed to cleanse, hydrate, nourish and repair – to more targeted services such as the Oxygen Facial Treatment and the Hydrating, Vitamin C, and Alpha Lipoic Facials. The facial treatments use a variety of products to address a wide range of skin conditions such as aging, pigmentation, acne, sun damage, rosacea, and atopy, among others. Aestheticians at The Spa can also enhance clients' services by providing highly efficacious treatments that include facials, peels, and body treatments to meet their client's needs.

The Spa also offers a variety of massages tailored to guests' specific needs. For those seeking post-workout relief, massage treatments offer a variety of benefits ranging from reducing stress and alleviating pain to improving flexibility and circulation. Highlights of the massage menu include a Deep Tissue Massage, a Hot Stone Massage, the Advanced Body Therapy – a customized treatment that is developed according to the client's specific needs – and the Thai Massage, a relaxing massage that brings together elements of yoga and shiatsu.

In addition, The Spa features a selection of body treatments, such as the Aromatherapy Body Wrap, created to hydrate and refresh, and the Dry Skin Relief Treatment, designed to purify and nourish. For those wanting to try more than one treatment, packages include the Destress Massage and Body Cocoon, Body Detoxification, and the Total Relaxation Program, offering a four hour pampering experience. The Spa also offers a range of services and packages specially designed for men, including the Gentlemen's Facial, the Purifying Back Facial, and the comprehensive Zen for Men Package.

While The Spa is open to the public, Club Members receive a preferred rate on services. The Spa is located at The Sports Club/LA in Boston, Miami, San Francisco, New York on the Upper East Side, and Washington D.C.

The Spa at The Sports Club/LA also has access to a variety of experts that can speak to specific services and treatments, in addition to larger stories on beauty, skin care, therapeutic and non-conventional health treatments.

Treatments vary by location.

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## Locations & Contacts

### Club Locations

#### **The Sports Club/LA – Boston**

4 Avery Street at Tremont  
Boston, MA 02111

#### **The Sports Club/LA – Miami**

Four Seasons Tower, 1441 Brickell Avenue  
Miami, FL 33131

#### **The Sports Club/LA – New York on the Upper East Side**

330 East 61st Street  
New York, NY 10065

#### **Reebok Sports Club/NY**

160 Columbus Avenue (At 67th Street)  
New York, NY 10023

#### **The Sports Club/LA – San Francisco**

747 Market Street  
San Francisco, CA 94103

#### **The Sports Club/LA – Washington, DC**

1170 22nd at "M" Street, NW  
Washington, DC 20037

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