

Fitness Times



"Awesome" Version 80 Launch Party & Open House

Saturday, January 14th

Body Pump 8:30am & 9:45am

Zumba 11:00am

"Super Kick" Demo 1:00pm

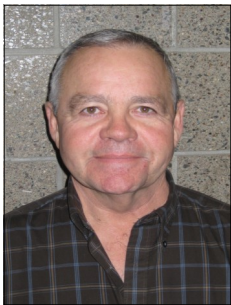
All Events are Free &
Open to the Public

All BodyPump Participants Must
Pre-Register

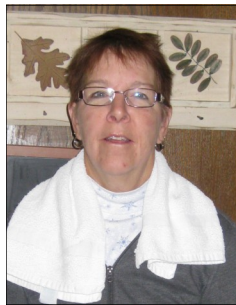
RESERVE YOUR SPOT TODAY!!!

Get ready for version 80! The program has been revamped for 2012 to include intense cardio intervals. You don't want to miss this better than ever workout!!!

Congratulations to Suburban's Biggest Losers!



Dan Molitor
lost 5.99%.



Lynn Reichert
lost 6.37%

The next Challenge begins
January 1st. Register today!!!

New Super Kick Karate Program Begins in January

Suburban is very excited to offer the new Super Kick karate and self-defense program to its members and the community. This unique program, developed and taught by Black Belt Clif Butler is designed for males and females, ages 7 to adult. In addition to learning karate and self-defense, the class will also improve flexibility, strength, cardio-vascular endurance, self-confidence and control.

According to Butler, "Each class begins with a segment of boot camp-type exercise to improve fitness." The class is great for kids and adults, even whole families can participate in the class together.

Based on the "Go-Ju Ryu" style of martial arts, it is a mixture of Southern China province Shaolin Kung-Fu and Okinawan Karate. The original Master and Founder of the art is the object of a legend that says he once was crossing a field and was charged by a mad raging bull. He did not run, but took his stance and when the bull approached him, he struck the bull in the head and crushed its skull. His name is now famous due to a movie called "The Karate Kid." His name was Chojun Miyagi, GrandMaster of GoJu Ryu karate. Clif studied under one of Miyagi's direct descendants. He has also met and studied under Chuck Norris, Jerry Rhome and Bill "Superfoot" Wallace.

"Speed, power, and accuracy are my three main areas of teaching. You cannot obtain either without being in great physical condition," said Butler. "My main focus of philosophy is self-defense. I have been studying and teaching GoJu for 20 years and am now pursuing my Masters level belt."

Learn more about Clif and his program in his bio on Page 2.

Free Introductory/Demo Session
Saturday, January 14th 1pm
Open to the Public

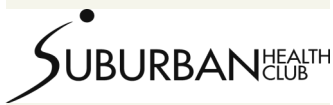
Super Kick Karate & Self-Defense
Saturdays 1pm, Jan. 21-March 3
(6 weeks)

\$25 Members/\$36 Non-Members

Call or Stop In to Register

***Boy/Girl Scouts receive "Member" Rate!**





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New Group Fitness Studio Set to Open After Christmas!

The waiting is finally over! Thanks to the help and hard work of Mike & Mona (Suburban's owners) and our hard working staff, the weight room has been moved downstairs and the new Group Fitness Studio is set to open soon. Thank you to our members for putting up with the cramped quarters of Court 1 during the remodeling!



New flooring goes in!



Classes squeeze into Court 1.

The Martial Arts History of Sensei Clif Butler "Super Kick" Karate & Self-Defense

At age 19 I was already love-struck with the sport. In part due to the highly publicized movies of Bruce Lee and his counterparts. The influx of Kung-Fu movies flooded the American market after his untimely death. But more importantly, due to the fact that I was 110-lb. weakling. Always getting picked on and pushed around. Even though, I always fought back, win or lose.

I remember my most humiliating moment as a weakling; I was playing a game of basketball with some of the older football jocks at our school. Now, I was a kid that could play b-ball and not many people could hold their own against me. I was really good. So the fouls came frequent and rough, but this particular time a football player threw me the basketball and slapped me when I reached for the ball in the air. A good ole sucker punch. For no apparent reason except that he didn't like the way I was laughing and talking during the game.

I was humiliated, frightened, but also mad dog angry! I carried that anger around with me until I met my first Instructor. His name was Robert Owen, a 4th degree black belt in Tae-Kwon-Do. I studied under him (3 1/2 yrs) and reached the level of black belt. Though I studied several martial art forms as a young soldier in my first year of Army, I fell in love with the Japanese Art of Go-Ju.

I have come to a conclusion in my quest to learn more and more of the fighting styles and techniques, you only need one technique and one style. Perfect what you know and others will want what you have. No one will be able to stop or defend themselves against a perfect technique. Speed, power and accuracy are my three main areas of teaching. You cannot obtain either without being in great physical condition. My main focus of philosophy is self-defense. I have been studying and teaching GoJu for over 20 years and am now pursuing my Masters level belt.

I was home in Texas once and met the bully that sucker punched me. He didn't even know who I was. I approached him from the back and did not take advantage of the situation. I had become, at that moment, a master of my fear and humiliation, I had become a Black Belt.



Sensei Clif Butler

Thérapie Massage

By Ronda Hageberg,
Certified Massage
Therapist

Day & Evening Appointments Available

\$40—60 min.
\$60—90 min.
\$80—120 min.

To Schedule an
Appointment call
320-291-0263

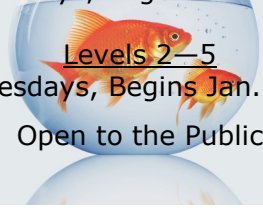
Welcome Emiko!



Emiko Mooney is our newest group fitness instructor. She is certified through NETA and Zumba. She currently teaches the Wed. Zumba Circuit and Kickboxing classes. Emiko moved to the US from Japan 5 years ago. She lives in St. Cloud with her husband and 3 children. Her classes are fun and high-energy!

January Swim Lessons

Little Flippers 1, 2 & Level 1
Saturdays, Begins Jan. 14th



Levels 2—5
Tuesdays, Begins Jan. 9th
Open to the Public