













# FEBRUARY GROUP FITNESS SCHEDULE

	SUN	MON	TUES	WED	THURS	FRI	SAT
8AM							Rise&Shine Cardio Xpress
8:30 AM			Yoga Pump		Mixed Level Hatha Yoga		
9AM							Yoga Pump
		Aqua Fitness		Aqua Fitness		Aqua Fitness	
9:30 AM			 In the Circuit		Total Body Blast!		
10AM		Kickbox Xpress	Pilates/ Core			Cardio Xpress	
10:30 AM	Hot Vinyasa Flow Yoga	Core Xpress				Core Xpress	
12:00 PM	Total Body Blast!						
12:15 PM						Hot Yoga (45 min)	
4:25 PM				Pump Xpress			
4:30 PM					 BASIC		
5PM			Step Xpress	Core Xpress			
5:30 PM				Kickbox Bootcamp			
		Hot Mix Yoga		Mixed Level Hatha Yoga	Hot Vinyasa Flow Yoga		
5:35 PM							
6:15 PM		Aqua Fitness		Aqua Fitness		Aqua Fitness	

## Class Descriptions:

**Aqua:** Cardio and toning workout for swimmers and non-swimmers. Great for those new to exercise or working with limitations. 55 min.



: A rapid fat-burning class using barbells to give you the fastest way to tone/condition muscles! 60 min.

**Cardio Xpress:** A cardio class that's always changing-- floor, step, kickboxing, etc. 30 minutes of challenging cardio!

**Core Xpress:** Ready for a core challenge? This class incorporates a variety of core strengthening exercise (i.e. planks, crunches, ball work, etc.) to strengthen, tone and tighten your waist, and melt away those love handles! 25 minutes.

**Kickbox Bootcamp:** Combine the two most popular fitness trends in one butt-kicking class! Burn calories with intense kicking/punching intervals, build and strength/endurance with challenging intensity intervals. 45 minutes.

**Kickbox Xpress:** A great 30-minute cardio workout incorporating kicking and punching combinations.

**Pilates/Core:** A mat exercise class, primarily focusing on awareness of the spine, proper breathing, core strength and flexibility. Create a strong supple spine. 45 min.

**Pump Express:** A challenging 30-min. strength class using handweights and resistance bands to sculpt and strengthen the entire body.

**Step Xpress:** A classic step workout in a 30 minute format. A great way to squeeze in a little extra cardio before strength training!

**Super Kick Karate:** For ages 7-Adult. Gain flexibility, strength, self-confidence and control. Registration required. Begins 1/21. Free demo 1/14.

**Total Body Blast!:** Get it all in one class--cardio, strength, core and stretch! 55 min.

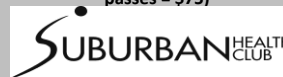


: A fun Latin-inspired, easy-to-follow, dance fitness class. Various intensity levels, all ages and skill levels welcome. 55 min.

**Zumba BASIC** is great for beginners or those who prefer a little more instruction and a bit lower intensity. 55 min.

**Zumba in the Circuit:** 1-minute intervals of basic

**Class Fees:** All Classes are Free to Full Fitness Members (with exception of Heated Yoga Classes). Non-Members: \$12 Day Pass, \$8 Day Pass w/Member, or Guest Pass Punch Card (10 passes = \$75)



www.suburbanhealthclub.com  
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## Yoga Class Descriptions (all classes are 55 min.):

**Hatha:** Bodily postures (poses), breathing techniques and relaxation with the goal of bringing about a sound, healthy body & a clear, peaceful mind.

**Hot Mix:** Combining the best of Vinyasa Flow and Series styles, this class will challenge your stamina with sequences of linked postures and lengthen and strengthen through held postures designed to open your heart, strengthen your spine, stimulate your internal organs and detoxify your body.

**Vinyasa:** Flowing sequences of postures linked with breath--challenging & invigorating.

**Yoga Pump:** A flow-style yoga class that incorporates hand weights (optional) to create visible results in your body, fitness and core strength.

**"Hot":** Postures are practiced in a heated room (approx. 85-95 degrees), cleansing and invigorating. Intermediate fitness & skill level.

Additional \$2 "hot" charge for Members & Guests. Participants must sign waiver at Front Desk prior to class.



