














JANUARY 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	Hot Vinyasa Flow Yoga	Kickbox Xpress	Pilates/ Core			Cardio Xpress	
10:30 AM		Core Xpress				Core Xpress	
12:15 PM						Hot Yoga (45 min)	
1:00 PM							New!!! *Super Kick Karate
4:25 PM				Pump Xpress			
4:30 PM					 BASIC		
5PM			Step Xpress	Core Xpress			
				 In the Circuit			
5:30 PM				Kickbox Bootcamp			
		Core Fusion Yoga		Hot Vinyasa Flow Yoga	Mixed Level Hatha 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.



LES MILLS BODYPUMP: 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.

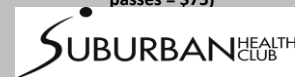


ZUMBA: A fun Latin-inspired, easy-to-follow, dance fitness class. Various intensity levels, all ages and skill levels welcome. 55 min.

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 Zumba patterns mixed with 1-minute strength intervals on hydraulic resistance equipment. A fun, easy -to-follow workout party in the circuit room. 30 min.

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
Phone: 320.251.3965

Yoga Class Descriptions (all classes are 55 min.):

Core Fusion Yoga: A Vinyasa-style class packed with "core" challenges to strengthen the abs, hips, glutes and back. You'll tighten the waistline and gain flexibility.

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

Traditional Hot Series: Consists of 26 postures designed to scientifically warm and stretch your muscles, ligaments and tendons. The sequence of postures are designed to open your heart, strengthen your spine, stimulate your internal organs and detoxify your body. 60 min.

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.

