



Suburban Health Club

FEBRUARY 2010 FITNESS CLASS SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT
8AM						*Yoga/ Pilates (45 min.)
8:30AM		Yoga		Yoga		
9AM	Cardio Jam		Cardio Jam		Cardio Jam	Drums Alive 2/6 Step with a Bit to Boot! 2/13 & 2/27 Kickboxing 2/20
	Aqua		Aqua		Aqua	
9:30AM		Fit for Life				
		H2CardiO		H2CardiO		
10AM	Flex Appeal		Core Strength		Flex Appeal	Body Heat
4:30PM	Step		Step			
5:30PM	Kick Boxing (45 Min.)	Body Heat	Yoga	Body Heat		
6:15PM	Core Strength (30 Min.)					
	Aqua		Aqua		Aqua	
6:30PM		Boot Camp (Co-Ed)				

What's New this Month?

Don't Miss Girlfriends' Night Out!

A great night of friendship, learning, pampering, shopping, food and fun. Pre-registration required—don't delay! This event fills up fast!!!

Check out the Saturday Class Rotation!

Bring a friend—their first class is free!

*All classes are 55 min. in length unless noted.