

Suburban Health Club

MARCH 2010

FITNESS CLASS SCHEDULE

What's New this Month?

Belly Dance begins March 4th, Thursdays at 6:30PM, six weeks. Gather up your girlfriend and join the fun. Registration required. \$30/Mbrs \$40 Non-Mbrs

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

	MON	TUES	WED	THUR	FRI	SAT
8AM						*Yoga/ Pilates (45 min.)
8:30AM		Yoga		Yoga		
9AM	Cardio Jam		Cardio Jam		Cardio Jam	Step with a Bit to Boot! 3/6 & 3/20 Kickboxing 3/13 Drums Alive 3/27
	Aqua		Aqua		Aqua	
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		Belly Dance *Registration Required		