

Suburban Health Club

APRIL 2010

FITNESS CLASS SCHEDULE

Revised 4/12/10

What's New this Month?

Step Interval

Wednesdays at 6:30PM

**or try it Sat.-4/3*
Step Interval combines basic step with segments of strength training using weights, squats, lunges and push-ups. **Great class for men & women!**

Aqua

Tues & Thurs 9AM
Due to demand, additional classes have been added!

4:30PM Mon/Wed Step Class has been cancelled.

*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	Aqua	Cardio Jam	Aqua	Cardio Jam	4/3-*Step Interval 4/10-Step/ Boot 4/17-Kickbox 4/24-Step/ Boot
	Aqua		Aqua		Aqua	
10AM	Flex Appeal		Core Strength		Flex Appeal	Group Strength
5:30PM	Kick Boxing (45 Min.)	Step Interval	Yoga	Body Heat		
6:15PM	Core Strength (30 Min.)					
	Aqua		Aqua		Aqua	
6:30PM		Boot Camp	Step Interval			