



SKYLINE CLUB
FITNESS CENTER

A Member of the ClubCorp Family

January 2012

Group Exercise Schedule

**Shape Up and
Get Fit in Southfield!**



Hours of Operation:

Monday - Friday:
5:00 a.m. - 8:00 p.m.

Saturday:
9:00 a.m. - 2:00 p.m.



Fitness Center Closed
Monday, January 2

Fitness Instructors:

Cardio & Strength – Rob
Group Cycle – Nick/ Michael
Kick Boxing – Rob
Muscle Endurance — Rachel
Abs Blast- Rob
Cardio Jump Start — Rachel
**** Yoga– Esther**
**** Zumba– Donna**

****Yoga / Zumba Classes**
\$10 per visit

**Skyline Club
Fitness Center**

3000 Town Center
Suite 20
Southfield, MI. 48075
P: (248) 358-4200
F: (248) 248-358-4211

SUN MON TUE WED THU FRI SAT

1 2 3 4 5 6 7



**Fitness
Center
Closed**

**Cardio
Jump Start**
7:00 - 7:30
a.m.
Group Cycle
12:00 - 12:50
Abs Blast
12:50 - 1:20

Yoga
12:00 - 1:00 p.m.
**Muscle
Endurance**
12:00 - 12:45 p.m.
**Cardio &
Strength**
5:15 - 6:00 p.m.

Kick Boxing
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50 p.m.
Abs Blast
12:50 - 1:20 p.m.

**Cardio &
Strength**
12:30 p.m.
-1:15 p.m.

8 9 10 11 12 13 14

**Cardio &
Strength**
12:30 - 1:15 p.m.
Kick Boxing
1:30 p.m. - 2:15 p.m.
**Muscle
Endurance**
5:15 - 6:15 p.m.
Zumba
6:00 - 7:00 p.m.

**Cardio
Jump Start**
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50
Abs Blast
12:50 - 1:20

Yoga
12:00 - 1:00 p.m.
**Muscle
Endurance**
12:00 - 12:45 p.m.
**Cardio &
Strength**
5:15 - 6:00 p.m.

Kick Boxing
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50 p.m.
Abs Blast
12:50 - 1:20 p.m.

**Cardio &
Strength**
12:30 p.m.
-1:15 p.m.

15 16 17 18 19 20 21

**Cardio &
Strength**
12:30 - 1:15 p.m.
Kick Boxing
1:30 p.m. - 2:15 p.m.
**Muscle
Endurance**
5:15 - 6:15 p.m.
Zumba
6:00 - 7:00 p.m.

**Cardio
Jump Start**
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50
Abs Blast
12:50 - 1:20

Yoga
12:00 - 1:00 p.m.
**Muscle
Endurance**
12:00 - 12:45 p.m.
**Cardio &
Strength**
5:15 - 6:00 p.m.

Kick Boxing
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50 p.m.
Abs Blast
12:50 - 1:20 p.m.

**Cardio &
Strength**
12:30 p.m.
-1:15 p.m.

22 23 24 25 26 27 28

**Cardio &
Strength**
12:30 - 1:15 p.m.
Kick Boxing
1:30 p.m. - 2:15 p.m.
**Muscle
Endurance**
5:15 - 6:15 p.m.
Zumba
6:00 - 7:00 p.m.

**Cardio
Jump Start**
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50
Abs Blast
12:50 - 1:20 p.m.

Yoga
12:00 - 1:00 p.m.
**Muscle
Endurance**
12:00 - 12:45 p.m.
**Cardio &
Strength**
5:15 - 6:00 p.m.

Kick Boxing
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50 p.m.
Abs Blast
12:50 - 1:20 p.m.

**Cardio &
Strength**
12:30 p.m.
-1:15 p.m.

29 30 31

**Cardio &
Strength**
12:30 - 1:15 p.m.
Kick Boxing
1:30 p.m. - 2:15 p.m.
**Muscle
Endurance**
5:15 - 6:15 p.m.
Zumba
6:00 - 7:00 p.m.

**Cardio
Jump Start**
7:00 - 7:30 a.m.
Group Cycle
12:00 - 12:50
Abs Blast
12:50 - 1:20 p.m.

Visit us on the web: www.TheSkylineClub.com