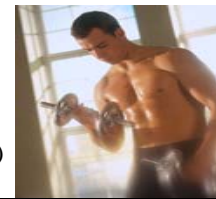


September 2008



Muscle of the Month **BICEPS**

(See exercise guides below and on the back)



MONDAY

Motivated Mondays
Take an Aerobic Class and do
30 min of strength training

TUESDAY

Triathlon Tuesdays
Do 15 mins each on bike,
crosstrainer & treadmill

WEDNESDAY

Weight Wednesdays
Do 30-45 minutes of
strength training

THURSDAY

Total Body Thursdays
Do the 24 Minute Circuit &
20 mins cardio

FRIDAY

400 Fridays Burn 400 calories on any piece of
cardio and get a FREE FRUIT SMOOTHIE, 600
get a Smoothie w./Protein. Staff must confirm.

<p>1 Have a Safe Labor Day Holiday No Staff Present, Members Only</p>	<p>2 Step-n- Sculpt 6:15 PM - 7:15 PM <i>Bicep Exercise: Bicep Barbell Curls</i></p>	<p>3 SilverSneakers® MSROM 10 - 11am <u>FITNESS ORIENTATION</u> <u>4:30 - 5:30 Sign up Required</u> TNT - Tone N Tight 5:30 - 6:30 pm</p>	<p>4 YogaStretch® 10 - 11am <i>Bicep Exercise: Bicep Dumbbell Curls</i></p>	<p>5 <u>FITNESS ORIENTATION</u> <u>12:00 - 1:00 Sign up Required</u> Cardio Blast (trial class) 5:00 - 5:45 pm</p>
<p>8 SilverSneakers® MSROM 10 - 11am Lower Body Blast - 5:15 - 6:00 <i>Bicep Exercise: Reverse Grip Curls</i></p>	<p>9 Step-n- Sculpt 6:15 PM - 7:15 PM</p>	<p>10 SilverSneakers® MSROM 10 - 11am <u>FITNESS ORIENTATION</u> <u>4:30 - 5:30 Sign up Required</u> TNT - Tone N Tight 5:30 - 6:30 pm</p>	<p>11 YogaStretch® 10 - 11am <i>Bicep Exercise: Zottman Dumbbell Curl</i></p>	<p>12 <u>FITNESS ORIENTATION</u> <u>12:00 - 1:00 Sign up Required</u> Cardio Blast (trial class) 5:00 - 5:45 pm</p>
<p>15 SilverSneakers® MSROM 10 - 11am Lower Body Blast - 5:15 - 6:00 Upper Body Blast - 6:15 - 7:00 <i>Bicep Exercise: EZ Bar Bicep Curls</i></p>	<p>16 Look Good Naked Body Sculpt 5:15 - 6:15 pm Step-n- Sculpt 6:15 PM - 7:15 PM <i>Bicep Exercise: EZ Bar Preacher Curls</i></p>	<p>17 SilverSneakers® MSROM 10 - 11am <u>FITNESS ORIENTATION</u> <u>4:30 - 5:30 Sign up Required</u> TNT - Tone N Tight 5:30 - 6:30 pm</p>	<p>18 YogaStretch® 10 - 11am Power Hour 5:30 - 6:30 pm <i>Bicep Exercise: Hammer Curls</i></p>	<p>19 <u>FITNESS ORIENTATION</u> <u>12:00 - 1:00 Sign up Required</u> Cardio Blast (trial class) 5:00 - 5:45 pm</p>
<p>22 SilverSneakers® MSROM 10 - 11am Lower Body Blast - 5:15 - 6:00 Upper Body Blast - 6:15 - 7:00 <i>Bicep Exercise: Close Grip Bar Curls</i></p>	<p>23 "HOLIDAY 100" STARTS Look Good Naked Body Sculpt 5:15 - 6:15 pm Step-n- Sculpt 6:15 PM - 7:15 PM</p>	<p>24 SilverSneakers® MSROM 10-11am <u>National Women's Health & and</u> <u>Fitness Day -</u> TNT - Tone N Tight 5:30 - 6:30 pm</p>	<p>25 YogaStretch® 10 - 11am Power Hour 6:15 - 7:15pm <i>Bicep Exercise: Inclined Angle Curls</i></p>	<p>26 <u>FITNESS ORIENTATION</u> <u>12:00 - 1:00 Sign up Required</u> Cardio Blast (trial class) 5:00 - 5:45 pm</p>
<p>29 SilverSneakers® MSROM 10 - 11am Lower Body Blast - 5:15 - 6:00 Upper Body Blast - 6:15 - 7:00</p>	<p>30 Look Good Naked Body Sculpt 5:15 - 6:15 pm Step-n- Sculpt 6:15 PM - 7:15 PM <i>Bicep Exercise: Wide Grip Bar Curls</i></p>	<p>SEPTEMBER EVENTS (See back for more details)</p> <ul style="list-style-type: none"> National Fruit and Vegetable Month - FDA recommends 7 servings of fruit and vegetable everyday!!! National Woman's Health and Fitness Day - bring your mom, sister, grandma, aunt or any other female for FREE, Sept 24th 		<p>TANNING RATES \$10.00* <u>Check out our salon quality lotions</u></p>

Bicep Curl Website: Visit this website for examples of how to do the exercises above: <http://www.shapefit.com/biceps-exercises-zottman-curls.html>

