

# Health Club Management 2010 Features



**EACH ISSUE** in print, digital turning pages & as a PDF edition

**18,000** circulation

## JANUARY

EUROPE ISSUE

- Nutritional products
  - Gym series: Free weights
  - 2009 diary
  - Spring cleaning
  - Club overhaul
  - Independent/Single site focus
- fitness-kit:** Winter training  
**Show reviews:** SIBEC UK/Europe, IHRSA Europe

## FEBRUARY

SPA ISSUE

- CRM series: Part 1
  - Special populations: Kids' fitness
  - Vibration training
  - Gym series: CV round-up
  - Independent/Single site focus
- fitness-kit:** Catalogues  
**Health Club Spa:** Spa experiences, Skincare  
**Show previews:** Professional Beauty/Fitness Forum

## MARCH

WORLD ISSUE

- Bonus distribution at IHRSA**
- Outdoor fitness
  - Refurbished equipment
  - Pilates
  - Club entertainment
  - Special populations: Sports-specific training
  - Independent/Single site focus
- fitness-kit:** Green products  
**Show previews:** IHRSA

## APRIL

- Gym series: Group exercise
  - Special populations: Exercise and ageing
  - Nutrition and weight management
  - Franchises
  - Retention series: Software
  - Independent/Single site focus
- fitness-kit:** Drinks  
**Show previews:** FIBO, Bodypower Expo Show

## MAY

SPA ISSUE

- Bonus distribution at SIBEC**
- Special populations: Teenagers' fitness
  - Security
  - Gym series: Suspension training
  - Club overhaul
  - Independent/Single site focus
  - Workplace fitness
- fitness-kit:** Resistance equipment  
**Health Club Spa:** Changing room solutions, Spa software  
**Show review:** IHRSA

## JUNE

- Special populations: Disability fitness
  - Drinks and mineral waters
  - Procurement and funding
  - CRM series: Part 2
  - Gym series: Core/balance training
  - Independent/Single site focus
- fitness-kit:** Energy/nutritional products

## JULY

WORLD ISSUE

- Special populations: Rehabilitation
  - Retention series
  - Outdoor fitness
  - Member payments
  - Exercise management systems
  - Independent/Single site focus
- fitness-kit:** Studio equipment  
**Show review:** SIBEC UK

## AUGUST

SPA ISSUE

- Gym series: Resistance equipment
  - Indoor cycling
  - Club overhaul
  - Pilates
  - Independent/Single site focus
- fitness-kit:** Vibration fitness  
**Health Club Spa:** Sauna and steam

## SEPTEMBER

LIW SPECIAL

- Bonus distribution at LIW**
- LIW showguide
  - Gym series: Boxing and combat sports
  - Environment series: Green initiatives
  - Independent/Single site focus
  - Fitness testing
- fitness-kit:** Lockers  
**Show preview:** Professional Beauty North

## OCTOBER

EUROPE ISSUE

- Bonus distribution at SIBEC UK/Europe and IHRSA Europe**
- Gym series: Group CV
  - Special populations: Kids' fitness
  - CRM series: Part 3
  - Club entertainment
  - Staff training
  - Independent/Single site focus
- fitness-kit:** Marketing tools

## NOVEMBER/DECEMBER

- Service support and maintenance
  - Gym series: Stretching and flexibility
  - Club overhaul
  - Retention series
  - Independent/Single site focus
- fitness-kit:** Studio equipment

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