










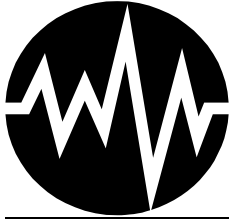





# Alexander's Athletic Club - Canonsburg

## July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					 8:30 am Nicole	
<b>TUFF STUFF</b> 9:15 am Denise	 8:15 AM Denise   9:15 AM Denise	 9:15 am Amy	 9:15 am Denise	 9:15am Tracy	 9:30 am Various	 8:00 am Elizabeth
<b>Pi-Yo</b> 10:15 am Amy	<b>On the Ball</b> 10:30AM Amy		<b>Pi-Yo</b> 10:15 am Amy			9:00 am Body Attack Nicole
 5:30pm Terri	 5:30 pm Elizabeth	<b>Zumba</b> 5:30 pm Caitlin	 5:30 pm Miriam		<u><i>It Will Look Good On You!</i></u>  	
 6:30 pm Amy	<b>BOOT CAMP</b> 6:30 pm Kristin / Erin	<b>Tuff Stuff</b> 6:30 pm Denise	 6:30 pm Nicole			
<b>Zumba</b> 7:30 pm Caitlin		<b>Yoga</b> 7:30 to 8:30 pm Jennifer				

*RPM® Les Mills /Cycle Schedule  
Canonsburg  
July 2010*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Cycle</i> 6:00am Brandon</p> <p><b>LES MILLS RPM</b> 9:15 am Elizabeth</p>	<p><b>LES MILLS RPM</b> 6:00 am Cliff</p> <p><b>LES MILLS RPM</b> 9:15am Tracy</p>	<p><b>LES MILLS RPM</b> 9:15am Elizabeth</p>	<p><b>LES MILLS RPM</b> 6:00 am Cliff</p> <p><i>Spin &amp; Strength</i> 9:00 am Erin</p>	<p><i>Cycle</i> 6:00am Brandon</p>	<p><b>LES MILLS RPM</b> 7:30am- Brandon</p> <p><b>LES MILLS RPM</b> 9:00am Cliff</p>	<p><b>LES MILLS RPM</b> 9:00 am Elizabeth</p>
	<p><b>LES MILLS RPM</b> 4:30 pm Elizabeth</p>	<p><b>LES MILLS RPM</b> 5:30pm Terri</p>	<p><b>LES MILLS RPM</b> 4:30 pm Terri</p>			
<p><i>Cycle</i> 7:00 pm Katie</p>						

*“It Will Look Good On You”*

# July 2010

## SilverSneakers®

### Canonsburg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Young at Heart</i> 11:30am Various	<i>MSROM</i> 11:30 am Amy	<i>Young at Heart</i> 10:15 am Beth Ann	<i>YogaStretch</i> 11:30 am Elizabeth	<i>Young at Heart</i> 10:30 am Terri		
<i>YogaStretch</i> 12:30 pm Elizabeth		<i>MSROM</i> 11:15 am Elizabeth		<i>MSROM</i> 11:30 am Suzie		

#### CLASS DESCRIPTIONS

##### SilverSneakers® I – Muscular Strength & Range of Movement

*Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.*

##### SilverSneakers® II – Cardio Circuit

*Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.*

##### YogaStretch® - Chair Based Yoga Program

*This class combines gentle stretching and yoga exercises to enhance general overall well-being and increase flexibility.*

##### Young at Heart

*This class was specifically designed with seniors in mind! Simple movements, lightweights and resistance tubing are used to strengthen your heart and body in this low impact class that offers both cardiovascular and strength benefits.*

WE HERE AT ALEXANDER'S SUPPORT THE MISSION STATEMENT OF HEALTH CARE DIMENSIONS.

*"To improve the health and well-being of everyone we touch."*