































ALEXANDER'S ATHLETIC CLUB - CANONSBURG - DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intensity 6:00am Dona		Intensity 6:00 am Dona		 6:00 am Lauren		
 EXPRESS!! 8:15am Lauren						
 9:15am Anne	 9:15 am Elizabeth	 9:15 am Lauren/Romina	BootCamp 9:15 a.m. Kristin/Erin	 9:15 am Anne	 8:30 am Matt	 8:00 am Elizabeth
Pi-Yo 10:15 am Anne	Cut to the Core 10-10:30 Erin				 9:30am Alissa	
					 10:30 am Miriam	
 5:30 p.m. Matt	 5:30 p.m. Lauren	 5:30 p.m. Alissa	 5:30 p.m. Miriam	 Weather got you down? Join us indoors!!		
 6:30 p.m. Alissa	 6:30pm Romina/Lauren	 6:30p.m. Nicole	 6:30 p.m. Lauren			
 7:30 p.m. Caitlin						

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CYCLE AND RPM® SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 6:00 a.m. Brandon	 6:00 a.m. Cliff		 6am Cliff	Cycle 6:00 a.m. Brandon	 7:30 a.m. Julie	
 9:15am Elizabeth	Spin/Strength 9:00 a.m. Erin	 9:15 a.m. Elizabeth	 9:15 a.m. Elizabeth	 9:15 am Terri	 9:00 am Cliff	 9:00 a.m. Elizabeth
Cycle 6:30 p.m. Julie	Cycle 4:30 p.m. Suzanne	Cycle 6:30pm Julie	 4:30pm Terri			

SILVER SNEAKERS®

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Young at Heart 11:30 a.m. Erica/Terri	MSROM® 11:30 a.m. Terri	Young at Heart 10:15 a.m. BethAnn		Young at Heart 10:30 a.m. Terri		
YogaStretch® 12:30 p.m. Bernadette		MSROM® 11:15 a.m. Bernadette		MSROM® 11:30 a.m. Bernadette		

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.

SilverSneakers® YogaStretch® - Seated Yoga Program

This class will compliment any fitness program. Gentle relaxation and stretching exercises are incorporated into this program that will develop flexibility and promote relaxation.

ALEXANDER'S SUPPORTS THE MISSION STATEMENT OF HEALTH CARE DIMENSIONS.

“To improve the health and well-being of everyone we touch.”