































ALEXANDER'S ATHLETIC CLUB – GIBSONIA – March 2010

1035 Executive Drive Gibsonia, PA 15044 724-444-8850 www.aclubs.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15am  Janice	9:00-10:00am  Angelica		9:30-10:30am Interval Training Vickie	9:30-10:30am  Vickie	9:00-10:00am  Lisa <i>*Pump Challenge on 3/27 only*</i>	9:00-10:00am  Angie
10:15-11:15am  Angelica <i>*Pump Challenge on 3/22 only*</i>	10:00-11:00am  Angelica	10:00-11:00am  Angelica			10:00-11:00am  Lisa (3/6 & 3/27)  Wendy (3/13 & 3/20)	
					11:00-11:45am  Janice <i>45min format</i>	
6:00-7:00pm  Katie	6:00-7:00pm Total Body Conditioning Lisa	6:00-7:00pm  Angelica	5:30-6:30pm  Janice			
7:00-8:00pm  Janice	7:00-7:30pm  Wendy <i>*3/16 only*</i>	7:00-8:00pm  Wendy <i>*Pump Challenge on 3/24 only*</i>	6:30-7:30pm  Janice <i>*Partner Yoga Preview Class on 3/25 only*</i>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am  Amy		6:00-7:00am  Amy		8:00-9:00am  Angie	8:00-9:00am  Angie
9:15-10:15am  Angelica		9:00-10:00am  Angelica		8:30-9:30am  Vickie		
7:00-8:00pm  Angie		7:00-8:00pm  Angelica	5:30-6:15pm  Angie <i>45min format</i>			

SILVER SNEAKERS®

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:45 Silver Sneakers® I Kathy	8:00-8:45 Silver Sneakers® II Angelica	8:00-8:45 Silver Sneakers® I Kathy	8:30-9:15 Silver Sneakers® II Vickie	8:00-8:45 Silver Sneakers® II Kathy 8:45-9:30 YogaStretch® Kathy		
12:30-1:15 Silver Sneakers® YogaStretch Kathy	11:00-11:45 Silver Sneakers® II Kathy		10:30-11:15 Silver Sneakers® I Vickie	10:30-11:15 Silver Sneakers® I Vickie		
1:15-2:00 Silver Sneakers® I Kathy						

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.

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.

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

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