










HARMARVILLE AAC – MARCH 2010 GROUP X SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am Strength Conditioning CLAIRE	5:30-6:00 am Abs CATHY	6:00-7:00am Strength Conditioning CATHY			
9:00-9:30am ABS & ARMS KATHI	7:30-8:30am  Jenny NEW!	8:15-9:00 am Zumba@ Toning CELESTE 9:00-10:00am INTERVAL CLASS CELESTE		9:00-10:00AM KICKBOXING HEATHER	9:00-10:00 AM WEIGHT CIRCUIT KATHI	9:00-10:00 AM YOGA KEITH
9:30-10:30am STEP KATHI	9:00-10:00am CIRCUIT TRAINING MICHELLE	9:00-10:00AM COLLEEN PILATES	9:00-10:00am CIRCUIT KATHI		10:00-11:00AM STEP INTERVAL KATHI	9:30-10:30am ZUMBA@ CELESTE
	5:00-5:30pm Bottom Half Workout 5:30-6:00pm Abs ANGELICA		10:00-10:30am STEP KATHI	10:30-11:30am PILATES w/Bands COLEEN		10:30-11:30am  ABBY
5:00-6:00 pm  ANGELICA	6:00-7:00pm YOGA KEITH	5:00-6:00pm  LAUREN	5:00-6:00 PM  LAUREN	11:30am-Noon STRETCH CLASS COLEEN		
6:00-6:30pm Abs/ 6:30-7:00pm Bottom Half Workout ANGELICA	6:00-7:00pm  ANGELICA LAUREN	6:00-7:00pm STEP INTERVAL KATHI	 6:00-7:00 pm ABBY			
6:00-7:00pm KICKBOXING HEATHER	7:00-8:00PM  ABBY	7:00-8:00 pm  JEN	7:00-8:00 pm New Time! ZUMBA@ CELESTE			
7:00-8:00 pm YOGA HILLARY		7:00-7:30pm CUT TO THE CORE KATHI				
<b>CYCLE</b> <b>MONDAY</b>	<b>CYCLE</b> <b>TUESDAY</b>	<b>CYCLE</b> <b>WEDNESDAY</b>	<b>CYCLE</b> <b>THURSDAY</b>	<b>CYCLE</b> <b>FRIDAY</b>	<b>CYCLE</b> <b>SATURDAY</b>	<b>CYCLE</b> <b>SUNDAY</b>
6:00-7:00 am CYCLE CATHY	6:00-7:00 am CYCLE JOCELYN	6:00-7:00am CYCLE CATHY		6:00-7:00am CYCLE Cathy/DIANNA	7:45-8:45am CYCLE JANIS	9:00-10:00am CYCLE SAMMI
9:30-10:30am CYCLE ANGIE	9:30-10:30am CYCLE HEATHER		9:30-10:30 am CYCLE JANIS	9:30-10:30am CYCLE MATTHEW NEW CLASS!	10:00-11:00am CYCLE SAMMI	
6:00-7:00 pm CYCLE SAMMI	5:00-5:45pm CYCLE SUE	5:00-5:45PM CYCLE TERRIANN NEW CLASS!	5:00-5:45pm CYCLE JIM			

# MARCH 2010

# SILVERSNEAKER®

# SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45-8:30am Silver Sneakers® II Cardio Circuit  CLAIRE	10:30-11:15am Silver Sneakers® I Muscular Strength  DIANE	7:30-8:15am Silver Sneakers® I CELESTE		7:45-8:30am Silver Sneakers® I Muscular Strength  CLAIRE		
10:45-11:30am Silver Sneakers® I Muscular Strength  KATHI	11:30-12:15pm Silver Sneakers® YogaStretch  DIANE	10:20-11:05am Silver Sneakers® II Cardio Circuit KATHI  11:30-12:15pm YogaStretch® DIANE	10:45-11:30am Silver Sneakers® I Muscular Strength  KATHI			

### 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.*

All of the classes are designed to improve one's daily living and are in accordance with the Surgeon General's recommendation for "frequent exercise."

#### SilverSneakers® - YogaStretch

A chair based yoga program. This program will enhance your stretching, flexibility, and balance.