















Alexander's Athletic Club
CHIPPEWA
Group Exercise Schedule
July 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 9:30 am	Step Blast Ann		Step Blast Jacquie		Step Blast Donna	Step Blast 8:30-9:00 am Sandy	Daycare Closed on Sundays
9:30 – 10:30 am	 Ann	 Paula	 Jackie	Interval Step Jacquie	 Donna	 9:00-10:00 am Sandy	 9:00-10:00 am Gretchen
10:30 – 11:00 am	Abs & Toning Ann			Abs & Toning Jacquie	Abs & Toning Donna	Hip Hop Zumba 10:00-11:00 am Jen	
5:00 – 6:00 pm	Indoor Cycling Stephanie <i>*sign-ups reqd</i>	 5:30-6:30 pm Matt	 5:30-6:30 pm Tracy	 5:30-6:30 pm Paula	**Note- Saturday, July 10th - New BodyAttack Release #69 at 9:00 a.m. in place of BodyPump** 		
6:00 – 7:00 pm	 Paula	Hip Hop Zumba 6:30-7:30 pm Jen	 6:30-7:30 pm Sandy	 6:30-7:30 pm Jackie			
7:00 – 8:00 pm	 Jackie						

To ensure safety of participants and instructor, all classes require a 2 participant minimum for the class to be taught.

Spin classes require sign-ups. Sign-up sheets will be available at the front desk. You are responsible for signing up for each class. If it is your first time taking a cycling class, please ensure you are there 10-15 minutes prior to start time.

Group Exercise Class Descriptions Located on Back

Questions/Comments welcomed
 Contact: Sandy White, Group Exercise Director
 Email: sandyw@aaclubs.com
 Phone: 724-581-5200

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SilverSneakers®
July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
MSROM Ann 8:00 a.m.	MSROM Tracy 11:00 a.m.	MSROM Candace 11:00 a.m.		Cardio Circuit Ann 8:00 a.m.	We Welcome All of Our SilverSneakers® Participants

CLASS DESCRIPTIONS

SilverSneakers® - 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® - 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.

WE SUPPORT THE MISSION STATEMENT OF HEALTH CARE DIMENSIONS.
“To improve the health and well-being of everyone we touch.”

Questions/comments can be addressed to:
Sandy White (724) 581-5200
Email: sandyw@aaclubs.com