

















Alexander's Athletic Club
CHIPPEWA
Group Exercise Schedule
February, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.		 Tracy 5:30-6:15 a.m. *sign-ups reqd					Daycare Closed on Sundays
5:45 – 6:45 a.m.			 Alex		Boot camp Alex		
8:00 – 8:30 a.m.							
8:30 – 9:30 am	Step Blast 9:00-9:30 am Ann				Step Blast 9:00-9:30 am Donna	Step Blast 8:30-9:00 a.m. Sandy	
9:30 – 10:30 am	 Ann	 Angie	 9:00-10:00 am Jackie	Step Blast Donna	 Donna	 9:00-10:00 a.m. Sandy	
10:30 – 11:30 am	Abs & Toning 10:30-11:00 am Ann		 10:00-11:00 am		Abs & Toning 10:30–11:00 am Donna		
5:00 – 6:00 pm	Indoor Cycling 5:00-6:00 pm *sign-ups reqd Ronnie	 5:30-6:30 pm Matt	Indoor Cycling 5:00-6:00 pm *sign-ups reqd Ronnie	 5:30- 6:30pm	<p><i>Happy Valentine's Day!</i></p> 		
6:00 – 7:00 pm	 Gretchen	 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.

Indoor Cycling & Spinning 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 class, please ensure you are there 5-10 minutes prior to start time.

Group Exercise Class Descriptions Located on Back

Questions/Comments welcomed
 Contact: Group Exercise Director
 Phone: 724-581-5200