










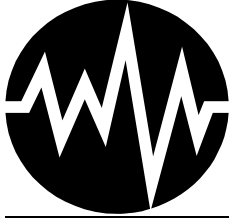


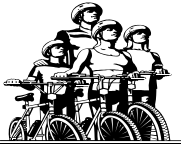


Alexander's Athletic Club - Canonsburg

March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					 8:30 am Tracey	
<i>TUFF STUFF</i> 9:15 am Denise	 8:15 AM Denise  9:15 AM Denise	 9:15 am Amy	 9:15 am Denise	 9:15am Tracey	 9:30 am Various	 8:00 am Elizabeth
<i>Pi-Yo</i> 10:15 am Amy	<i>On the Ball</i> 10:30AM Amy		<i>Pi-Yo</i> 10:15 am Amy		<i>Zumba</i> 10:30 am Caitlin	<i>Body Step</i> 9:00 am Tracey
 5:30pm Terri	 5:30 pm Elizabeth	<i>Zumba</i> 5:30 pm Caitlin	 5:30 pm Miriam		<p><u><i>It Will Look Good On You!</i></u></p> 	
 6:30 pm Amy	<i>BODY CAMP</i> 6:30 pm Kristin / Erin	<i>Tuff Stuff</i> 6:30 pm Denise	 6:30 pm Elizabeth			
<i>Zumba</i> 7:30 pm Caitlin						

RPM® Les Mills /Cycle Schedule
Canonsburg
March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Cycle</i> 6:00am Brandon</p> <p>LES MILLS RPM 9:15 am Elizabeth</p>	<p>LES MILLS RPM 6:00 am Cliff</p>	<p>LES MILLS RPM 9:15am Elizabeth</p>	<p>LES MILLS RPM 6:00 am Cliff</p>	<p><i>Cycle</i> 6:00am Brandon</p> <p>LES MILLS RPM 10:30 am Elizabeth</p>	<p>LES MILLS RPM 7:30am- Brandon</p> <p>LES MILLS RPM 9:00am Cliff</p>	<p>LES MILLS RPM 9:00 am Elizabeth</p>
	<p><i>Cycle</i> 4:30 pm Leighann</p>	<p>LES MILLS RPM 5:30pm Terri</p>	<p><i>Cycle</i> 4:30 pm Leighann</p>			
<p><i>Cycle</i> 6:00 pm Leighann</p>						

“It Will Look Good On You”

March 2010

SilverSneakers®

Canonsburg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Young at Heart</i> 11:30am Erica/ Bernadette	<i>MSROM</i> 11:30 am Terri	<i>Young at Heart</i> 10:15 am Beth Ann	<i>YogaStretch</i> 11:30 am Terri	<i>Young at Heart</i> 10:30 am Terri		
<i>YogaStretch</i> 12:30 pm Elizabeth		<i>MSROM</i> 11:30am Bernadette		<i>MSROM</i> 11:30 am Suzie		

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.

YogaStretch® - Chair Based Yoga Program

This class combines gentle stretching and yoga exercises to enhance general overall well-being and increase flexibility.

Young at Heart

This class was specifically designed with seniors in mind! Simple movements, lightweights and resistance tubing are used to strengthen your heart and body in this low impact class that offers both cardiovascular and strength benefits.

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

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