

















**HARMARVILLE ALEXANDER'S ATHLETIC CLUB – September 2010 (412-828-6500)**

**[lauraj@aclubs.com](mailto:lauraj@aclubs.com)**

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	9:00-10:00AM  MEGHAN	9:00-10:00am CIRCUIT KATHI	9:00-10:00AM KICKBOXING HEATHER	9:00-10:00 AM WEIGHT CIRCUIT KATHI	9:00-10:00 AM YOGA KEITH
19:30-10:30am STEP KATHI	8:00-9:00 am PILATES LAUREN NEW CLASS!			 RUSS 9:00-10:00AM		
PILATES ANGIE 9:30-10:30AM	9:00-10:00am CIRCUIT TRAINING MICHELLE	9:00-10:00AM CIRCUIT CELESTE	10:00-11:00am PILATES ESTER	 10:00-11:00AM RUSS	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  ABBY
5:00-6:00 pm  ANGELICA'	6:00-7:00pm YOGA KEITH	5:00-6:00pm  LAUREN	5:00-6:00 PM  LAUREN	<p align="center">We welcome Lauren Flannigan – Pilates Instructor from Bodiography!</p> <p align="center">Tuesdays @ 8:00 a.m.</p> <p align="center">Thursdays @ 7:00 p.m.</p>		
6:00-6:30pm Abs/ 6:30-7:00pm Bottom Half Workout ANGELICA	6:00-7:00 pm  LAUREN	6:00-7:00pm STEP INTERVAL KATHI	 6:00-7:00 pm ABBY			
6:00-7:00pm  ABBY	7:00-8:00PM  TAMMIE	7:00-8:00 pm  JEN	SELF DEFENSE CLASS! ROGER HOWELL			
7:00-8:00 pm  ANGELICA/HILARY YOGA		7:00-7:30pm CUT TO THE CORE KATHI	7:00-8:00pm PILATES LAUREN NEW CLASS!			
<b>MONDAY CYCLE</b>	<b>TUESDAY- CYCLE</b>	<b>WEDNESDAY CYCLE</b>	<b>THURSDAY CYCLE</b>			
6:00-7:00 am CATHY	6:00-7:00 am JOCELYN	6:00-7:00am CATHY		6:00-7:00am CATHY/JOCELYN	7:45-8:30AM NEW TIME!!! JANIS	9:00-10:00am SAMMI
	9:30-10:30am HEATHER		9:30-10:30 am JANIS		10:00-11:00am SAMMI	
6:00-7:00 pm  ALI	5:00-6:00 pm JIM   ANGELICA' 6:00-7:00pm	5:00-5:45PM TERRIANN	5:00-5:45pm JIM			

# SEPTEMBER 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.