























# Norwin Alexander's Athletic Club

Group Fitness Schedule – September 2010

(724) 978-0130 - lauraj@aaclubs.com

	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
5:30 AM		 Core Class Dan		Cycle/Core Class Dan			
8:30 AM		Walk Fit Carol	Cut to the Core Dan  (8:45 a.m.) 45 minutes	Dance Party! Laura	SilverSneaker II Carol 7:45 a.m.	 8:00 a.m. Renee'	 Darlene 8:30 a.m.
	Cardio LITE Carol	 Keema 8:45 a.m.					
9:00 AM	 Dan 8:45 a.m.				 Angelica 8:45 a.m.	Cycle Darlene	
						 Lisa/Keema	
9:30 AM	 Dan	 Lisa	 Dan	 Dan	 Dan/Laura		 Darlene
	Beginner Pilates Val	Basic Yoga Val	Mat Pilates Val	Basic Yoga Val	Yoga Val	Cycle Angelica'	
10:30 AM		 Meghan					 Meghan
11:00 AM	Silver Sneakers®   Joann/Carol		Silver Sneakers®   Carol		YogaStretch® SilverSneaker Val	<b>NEW CLASSES!</b>  <u>Yoga</u> Rachel Robinson Thursdays @ 6:30 p.m. Starts 9/9/10	
12:00 Noon	Silver Sneakers®   Joann/Carol		Silver Sneakers®   Carol				

Evening Classes

6:00 PM	 Richard/Renee'	Total Body Conditioning Robyn	 Laura	 Richard/Renee'	
6:30 PM	Cycle Jenna	Yoga Val	Cycle Jenna	Yoga Rachel R. STARTS 9/9/10	
	 Rachel	 Darlene			
7:00 PM	 Dan/Laura	<b>Sh'Bam®!</b> Janeen/Laura STARTS 9/21/10	 Richard/Renee' Stretch Class Rachel R.	 Robin/Rachel	
7:30 PM	Karate			Karate	

**Sh'Bam®!**  
Laura Johnson  
& Janeen Badali  
Brand new Simple Dance  
Program from Les Mills®  
Tuesdays @ 7:00 p.m.  
Starts 9/21/10

New Cycle Class  
Wednesdays @ 6:30 p.m.  
Jenna Black