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 1035 Executive Drive Gibsonia, PA 15044 724-444-8850 www.aacclubs.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|--|
|  9:15am Janice |  9am Angelica | | Interval Training 9:30am Vickie |  9:30am Vickie |  9am Lisa (7/31 Total Body Conditioning) |  9am Angie |
|  10:15am Angelica |  10am Angelica |  10am Angelica | | |  10am Lisa (7/10,7/17)  10am Wendy (7/24,7/31) | |
| | | | | |  11am Janice | |
|  6pm Katie | <i>Total Body Conditioning</i> 6pm Lisa |  6pm Angelica (7/14,7/21) 7/7 & 7/28: 6:00 Combat 6:30 Attack |  5:45pm Janice | | | |
|  7pm Janice |  7pm Wendy |  7pm Wendy |  6:45pm Janice | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------|--|---|---|--|--|
| | CYCLE 6am Lauren | | CYCLE 6am Lauren | | | |
|  9:15am Angelica | |  9am Angelica | |  8:30am Vickie |  8am Angie |  8am Angie |
|  7pm Angie | |  7pm Angelica (7/14,7/21) 7/7 & 7/28 will be 90min RPM starts at 6:30pm |  5:30pm Angie | | | |

7/3 & 7/4 Special Holiday Schedule – look for signs in rooms for info
 Les Mills Launch starts 7/10 & 7/11 – look for signs in rooms for info

SILVER SNEAKERS®

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|----------|--------|
| 8:00-8:45 Silver Sneakers® I Kathy/Angelica | 8:00-8:45 Silver Sneakers® II Angelica | 8:00-8:45 Silver Sneakers® I Kathy/Angelica | 8:30-9:15 Silver Sneakers® II Vickie | 8:00-8:45 Silver Sneakers® II Kathy/Angie | | |
| | 11:00-11:45 Silver Sneakers® II Kathy/Angelica | | 10:30-11:15 Silver Sneakers® I Vickie | 8:45-9:30 YogaStretch® Kathy /Angie | | |
| | | | | 10:30-11:15 Silver Sneakers® I Vickie | | |
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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.

SilverSneakers® YogaStretch® - Seated Yoga Program

This class will compliment any fitness program. Gentle relaxation and stretching exercises are incorporated into this program that will develop flexibility and promote relaxation.

ALEXANDER'S SUPPORTS THE MISSION STATEMENT OF HEALTH CARE DIMENSIONS.

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