
















HARMARVILLE AAC – JULY 2010 GROUP X SCHEDULE

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 NEW CLASS!	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	9:00-10:00am CIRCUIT TRAINING MICHELLE			 RUSS 9:00-10:am		
PILATES ANGIE 9:30-10:30AM NEW CLASS	10:00-11:00am PILATES SHERRI NEW TIME!!	9:00-10:00AM CIRCUIT CELESTE	10:00-11:00am PILATES ESTHER	 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>Sunday – July 4th</p> <p>Group X Schedule Regular Sunday Lineup!</p> <p>Coming Soon! More RPM® Classes</p> <p>Preview of Sh'Bam®! New Les Mills Dance Class!</p>		
6:00-6:30pm Abs/ 6:30-7:00pm Bottom Half Workout ANGELICA	6:00-7:00pm  LAUREN	6:00-7:00pm STEP INTERVAL KATHI	 6:00-7:00 pm ABBY			
6:00-7:00pm  RUSS/ABBY	7:00-8:00PM  ABBY/TAMMIE	7:00-8:00 pm  JEN	SELF DEFENSE CLASS! NEW! ROGER HOWELL			
7:00-8:00 pm  ANGELICA YOGA HILLARY		7:00-7:30pm CUT TO THE CORE KATHI				
CYCLE MONDAY	CYCLE TUESDAY	CYCLE WEDNESDAY	CYCLE THURSDAY			
6:00-7:00 am CATHY	6:00-7:00 am JOCELYN	6:00-7:00am CATHY		6:00-7:00am Cathy/DIANNA	8:00-8:45am JANIS TIME CHANGE!	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 SAMMI	5:00-5:45pm SUE  ANGELICA' 6:00-7:00 pm	5:00-5:45PM TERRIANN	5:00-5:45pm JIM			

JUNE 2010

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.