























Norwin Alexander's Athletic Club

Group Fitness Schedule – July 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' | Cycle 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 | | | Core Angelica' | |  Meghan |
| 11:00 AM | Silver Sneakers® Joann/Carol | | Silver Sneakers® Carol | | YogaStretch® SilverSneaker Val | Group X Notes: <i>Program Launches this Month! New Moves! Amazing Music!</i> | |
| 12:00 Noon | Silver Sneakers® Joann/Carol | | Silver Sneakers® Carol | | | | |

Evening Classes

| | | | | | |
|---------|--|----------------------------------|---|---|----------------|
| 6:00 PM |  Richard | Total Body Conditioning Robyn |  Laura |  Richard | |
| 6:30 PM | Cycle Darlene | Yoga Val | Stretch & Flexibility Class Rachel R. (7:00 p.m.) 45 Minutes |  Tarra 6:00 p.m. | |
| |  Rachel | | | | Cycle Jenna |
| 7:00 PM |  Dan/Laura | |  Richard/Renee' |  Robin/Rachel | |
| 7:30 PM | Karate | | | Karate | |

New Les Mills® Dance Class Previews all this month!

Sh'Bam®!

Be the first in the US to experience this brand new simple to follow fat burning dance class!

Days and times to be posted soon!