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1035 Executive Drive Gibsonia, PA 15044 724-444-8850

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|--|
|  9:15am Janice |  9am Angelica | | Interval Training 9:30am Vickie |  9:30am Vickie |  9am Lisa/Wendy |  9am Angie |
|  10:15am Angelica |  10am Angelica |  10am Angelica <i>*9/13 BPump upper body/bender ball combo class</i> <i>*9/27 BPump lower body/bender ball combo class</i> | | |  10am Lisa (9/4)  10am Alicia (9/11, 9/18, 9/25) | |
| | | | | | | |
| CORE/ Boot camp 5:30pm Katie (30min) <i>*NEW*</i> | | | | | | |
|  6pm Katie | <i>Total Body Conditioning</i> 6pm Lisa |  6pm Angelica |  5:45pm Janice | | | |
|  7pm Janice |  7pm Wendy |  7pm Wendy |  6:45pm Janice | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|--|--|
| |  6am Lauren | |  6am Lauren | | | |
|  9:15am Angelica | |  9am Angelica |  9am Vickie (30min) <i>*NEW*</i> |  8:30am Vickie |  8am Angie |  8am Angie |
|  7pm Angie |  6:30pm Alicia (30min) <i>*NEW*</i> |  7pm Angelica |  5:30pm Angie | | | |

Labor Day Special class schedule – 9am BodyStep, 10am BodyPump – look for signs in room for info
 BodyStep/Total Body Conditioning Interval class – 9/7 & 9/21 – 90min - look for signs in room for info
 BodyPump / Bender Ball combo classes – 10:15am 9/13 & 9/27 – look for signs in room for info

SILVER SNEAKERS®

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

Gibsonia AAC Group Fitness Class Descriptions

Interval Training – Bursts of intense training alternating with a period of rest / low activity. This creates an effective workout for all levels of fitness and increase the aerobic capacity to exercise longer and stronger. You will notice a change in your body that will encourage you to keep coming back for more!

Total Body Conditioning – A workout that tones and sculpts the entire body using a variety of tools and training techniques.

Core / Boot Camp – Target and challenge the abdominals, back, legs and hips in this intense and dynamic workout. A 30min class to learn how to effectively strengthen the core using proper form & technique.

Les Mills Programs

BodyPump® – Hailed as the “Fastest Way in the Universe to Get in Shape.” BodyPump® is a strength endurance class where muscle and music collide. It is designed to get you maximum results in the shortest amount of time by working your ENTIRE body for one hour. Over 100 reps per body part.

BodyJam® – A cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the LATEST dance styles and hottest new sounds means the emphasis is as much on having fun as breaking a sweat.

BodyCombat® – An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by the martial arts and is supported by driving music with strike, punch, kick and kata combinations that will take you to superior cardio fitness.

RPM® – RPM® is an indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

BodyStep® – BodyStep® is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BodyFlow® – BodyFlow® is the Yoga, Tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.