

Alexander's Athletic Club – Gibsonia –December 2011

1035 Executive Drive Gibsonia, PA 15044 724-444-8850 *Find us on facebook*

Gym hrs: Mon-Thurs 5am-10pm, Fri 5am-9pm, Sat 7am-5pm, Sun 7am-3pm

Daycare hrs: Mon-Fri 9am-12pm, Mon-Thurs 5:00 pm-8pm, Sat 8-12



REVISED 12/6/11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP 9:30am Janice	BODY COMBAT 9am Angelica	BODYPUMP 10am Angelica	Pilates 10am Vickie 45min	BODYPUMP 9:30am Vickie	BODYPUMP 9am Lisa	
BODYPUMP 6pm Katie	Total Body Conditioning 5:30pm Lisa	BODYPUMP 6:30pm Wendy	BODY STEP 6 pm Janice		BODY STEP 10am Lisa	
	BODY STEP 6:30pm Janice					



SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	rpm 6am Angie					
		rpm 9-9:40am Angelica	rpm 9am Vickie		rpm 8am Angie	
rpm 7pm Angie						

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	8:00-8:45 Silver Sneakers® II Kathy		
12:30-1:15 Silver Sneakers® I Kathy	12:00-12:45 Silver Sneakers® II Kathy	11:15-12:00 Silver Sneakers® YogaStretch Angelica <i>*starts 12/21*</i>	10:45-11:30 Silver Sneakers® I Vickie	8:45-9:30 Silver Sneakers® I Vickie		

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.

SilverSneakers® Cardio Fit for Seniors®

Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

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

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