











Norwin Alexander's Athletic Club










Group Fitness Schedule –December 2011

(724) 978-0130 - lauraj@aaclubs.com

	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
5:30 AM		Cycle Meridith		Cycle Alyssa			
8:30 AM	Cardio LITE Carol	Walk Fit Carol		Dance Party! Laura	SilverSneaker II Carol	 8:00 a.m. Renee'	
9:00 AM			Cut to the Core Dan			Cycle Meridith  Lisa/Kema	
9:30 AM	 Dan	 Lisa	 Dan	 Dan	 Angelica'		 Kristen/Joanna
	Beginner Pilates Val	Basic Yoga Val	Mat Pilates Val	Basic Yoga Val	Yoga Val		
10:30 AM	 Dan	Cycle Norm	Cycle Norm		 Angelica'		 Meghan
11:00 AM	Silver Sneakers® Carol		Silver Sneakers® Carol		YogaStretch® SilverSneaker Val		
12:00 Noon	Silver Sneakers® Carol		Silver Sneakers® Carol				

Evening

Classes

5:00 PM							
6:00	 Richard/Renee'	 Laura/Janeen	  Combo Class Laura	 Richard/Renee'			
	Cycle Norm		Cycle Alyssa				
7:00 PM	 Rachel	Yoga Val	 Richard/Renee'	 Robin/Rachel			
			 Kristen				
7:30 PM	Karate			Karate			

New Combo Class for Dec!
ULTIMATE CARDIO!
Take the Challenge!

Wednesday @ 6:00 p.m.
½ hour – BodyStep®
½ hour – BodyAttack®

Holiday Gift Certificates for
Sale! Info at the front
desk.

Schedule suggestions?
Email me @
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