

















**Alexander's Athletic Club**  
**CHIPPEWA**  
**Group Exercise Schedule**  
**August 2010**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 9:30 am	Step Blast Ann		Step Blast Jacquie	Step Blast Jacquie	Step Blast Donna	Step Blast 8:30-9:00 am Sandy	<i>Daycare Closed on Sundays</i>
9:30 – 10:30 am	 Ann	 Paula	 Jackie	 Jacquie	 Donna	 9:00-10:00 am Sandy	 9:00 – 10:00 am Gretchen
10:30 – 11:00 am	Abs & Toning Ann				Abs & Toning Donna	Hip Hop Zumba 10:00-11:00 Jen	
						 11:00-Noon Karisa *sign-ups reqd	
5:00 – 6:00 pm	 Karisa *sign-ups reqd	 5:30-6:30 pm Matt	Step Blast 5:30-6:30 pm Jacquie	 5:30-6:30 pm Paula	 <b>Class changes: We now have RPM on Sat. mornings and Mon. evenings. StepBlast and BodyCombat Thurs. mornings And BodyStep has been replaced with StepBlast on Wed. evenings.</b>		
6:00 – 7:00 pm	 Paula	Hip Hop Zumba 6:30-7:30 pm Jen	 6:30-7:30 pm Sandy	 6:30-7:30 pm Jackie			
7:00 – 8:00 pm	 Jackie						

*To ensure safety of participants and instructor, all classes require a 2 participant minimum for the class to be taught.*

RPM classes require sign-ups. Sign-up sheets will be available at the front desk. You are responsible for signing up for each class. If it is your first time taking a RPM class, please ensure you are there 5-10 minutes prior to start time.

**\*Group Exercise Class Descriptions Located on Back\***

Questions/Comments welcomed  
 Contact: Sandy White, Group Exercise Director  
 Email: sandyw@aclubs.com  
 Phone: 724-581-5200

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**Alexander's Athletic Club**  
**SilverSneakers®**  
August 2010

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday/Sunday</b>
MSROM Ann  8:00 a.m.	MSROM Tracy  11:15 a.m.	MSROM Candace  11:00 a.m.		Cardio Circuit Ann  8:00 a.m.	We Welcome All of Our SilverSneakers® Participants

## **CLASS DESCRIPTIONS**

### **SilverSneakers® - 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® - 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.*

**WE SUPPORT THE MISSION STATEMENT OF HEALTH CARE DIMENSIONS.**

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

Questions/comments can be addressed to:

Sandy White (724) 581-5200

Email: [sandyw@aaclubs.com](mailto:sandyw@aaclubs.com)