

U.S.A. FITNESS & HEALTH CENTER, INC.

700 CRAIGDELL ROAD NEW KENSINGTON, PA 15068

724.337.9992

www.usafitness-chiro.com

Monday- Friday: 5:00 a.m. – 9:00 p.m.

Saturday: 8:00 a.m. – 5:00 p.m. **Sunday:** 10:00 a.m. – 2:00 p.m.

WINTER 2012 AEROBIC SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:15-9:15 am BODY PUMP SHELLY
	9:15-10:15 am SCULPT CARRIE	9:00-9:45 am SENIOR POWER MANDI	9:15-10:15 am BODY PUMP CARRIE	9:00-9:45 am SENIOR POWER MANDI	9:15-10:15 am SCULPT CARRIE	9:30-10:15 am ZUMBA ASHLEY
10:15-11:00 am KETTLE BELL TOM	10:15-10:45 am INTERVAL CARRIE	10:00-11:00 am POWER YOGA LISA	10:30 – 11:15 ZUMBA ASHLEY	10:00-11:00 am POWER YOGA LISA		10:30-11:30am POWER YOGA LISA
	5:45-6:45 pm BODY PUMP DENISE	5:45 – 6:45 BODY PUMP 101 SHELLY	5:45-6:45 pm BODY PUMP DENISE	5:45-6:45 pm ZUMBA LYNETTE		
	7:00-7:45 pm 20/20/20 ASHLEY	7:00-7:45pm YOGAFIT SUSIE	7:00 – 7:45 pm ZUMBA ASHLEY	7:00-7:45pm YOGAFIT SUSIE		

WINTER 2012 SPINNING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45 am PHIL		*5:50 – 6:45 AM LISA		6:00 – 6:45 AM PHIL	8:15-9:00a.m. LORI
10:30-11:30am MARCIA		9:15-10:00am KATHY		9:15-10:00am LORI/CARRIE		9:30-10:15am ALFIE
		5:30 – 6:30 ENDURANCE DEB	5:30-6:15 pm PHIL	5:30 – 6:30 ENDURANCE DEB		
	6:30-7:15 pm SHANNON		6:30-7:15pm ALFIE			

BABYSITTING

**class has 15*

minutes abs class

MONDAY THRU FRIDAY 9-11 AM

UPDATED 1/18/12