

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

700 CRAIGDELL ROAD NEW KENSINGTON, PA 15068

724.337.9992

[www.usafitness-chiro.com](http://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.

## NEW **WINTER** 2010 AEROBIC SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15-9:45 am <b>INTERVAL</b> CARRIE	9:00-9:45 am <b>SENIOR POWER</b> MANDI	9:15 – 10:15 am <b>SCULPT</b> CARRIE	9:00-9:45 am <b>SENIOR POWER</b> MANDI	9:15-10:15 am <b>STEP &amp; SCULPT</b> CARRIE	9:15-10:15 am <b>SCULPT</b> CARRIE
	9:45-10:15 am <b>ROCK BOTTOM</b> CARRIE	10:00-11:00 am <b>POWER YOGA</b> LISA		10:00-11:00 am <b>POWER YOGA</b> LISA		10:30-11:30 <b>POWER YOGA</b> LISA
	5:30-6:15 pm <b>ZUMBA</b> CLAIRE	5:30-6:15 pm <b>BEGINNER STEP</b> TRACY	5:30-6:15 pm <b>ZUMBA</b> CLAIRE	6:00-6:45pm <b>KICKBOXING</b> ERIKA		
	6:30-7:15 pm <b>SCULPT</b> DEB	7:00-7:45 pm <b>YOGAFIT</b> SUSIE	6:30-7:15 pm <b>SCULPT</b> DEB	7:00-7:45pm <b>YOGAFIT</b> SUSIE		

## WINTER 2010 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. CHRIS
		9:15-10:00 am TAMMI		9:15-10:00 am TAMMI		9:30-10:15am ALFIE
10:15-11:00am SHANNON						
	6:00-6:45 pm SHANNON	6:00 – 7:00 pm Endurance DEB	5:30-6:15 pm PHIL	6:00 – 7:00 pm Endurance DEB	6:00-7:00 pm DEB	
			6:30-7:15 pm ALFIE			

## BABYSITTING

MONDAY THRU FRIDAY 9-11 AM

**UPDATED 1/18/10**  
**NEW SCHEDULE BEGINS 1/25/10**

*\*class includes 15 minutes Abs*