



SILVER SNEAKERS CLASS SCHEDULE

STUDIO A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:20A			Cardio Circuit KATHI			
10:45A	Classic KATHI	Classic KATHI		Classic KATHI		Cardio Circuit KATHI
11:30A			Senior Chair Stretch CELESTE			
11:45A	Classic KATHI			Classic KATHI		

FOLLOW US ON SOCIAL MEDIA:

facebook.com/alexanderathletic club

Instagram: @alexanders.aclub

<https://aaclubpgh.com>

412-828-6500

