

# 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.

## SPRING 2016 AEROBIC SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:00 – 8:45 am <b>SENIOR POWER</b> JACKIE		8:00 – 8:45 <b>SENIOR POWER</b> JACKIE		
	9:15–10:15 am <b>SCULPT</b> CARRIE		9:30 – 10:30 am <b>*BODY PUMP</b> SHELLY		9:15-10:15 am <b>CARDIO/SCULPT</b> CARRIE	8:30 – 9:30 am <b>ABS &amp; ARMS</b> TAMMI
10:15-11:00 am <b>***KETTLE</b> <b>BELL</b> TOM		10:00-11:00 am <b>POWER YOGA</b> LISA		10:00-11:00 am <b>POWER YOGA</b> LISA		10:30–11:30am <b>POWER YOGA</b> LISA
	5:45-6:45 pm <b>*BODY PUMP</b> DENISE	5:45 – 6:30 pm <b>TABATA</b> CARRIE	5:45–6:45 pm <b>*BODY PUMP</b> DENISE	5:45 – 6:30 pm <b>YOGA</b> MARCIA		

## SPRING 2016 SPINNING SCHEDULE \*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45 am PHIL		6:00-6:45 am PHIL		**5:50-6:45 am LISA	
						8:30 – 9:15 am AL
10:00–10:45 MARCIA	10:15 – 11:00 CARRIE	9:15-10:00 am TAMMI		9:15-10:00 am CARRIE		9:30-10:15 am TAMMI
	6:30-7:15 pm SHANNON	6:30 – 7:15 LORI	6:30-7:15 pm TAMMI	6:30 – 7:15 PM LINDSAY		

UPDATED 4/1/16

\* sign up 24 hours in advance

\*\* class has 15 minute abs class

\*\*\*class at Mat Factory

2827 Leechburg Road. Lower Burrell

BABY SITTING AVAILABE MONDAY THRU FRIDAY 9-11 AM