

EVENTS & PROGRAMS

**The
Aerobic
Center**
Lynch Field ★ Greensburg, PA
724-834-2153

UPDATED
2/23/10

- **YOGA**- Mondays and Wednesdays 8am-8:45am. Members \$25.00/month, Nonmembers \$50.00/month. Walk-ins WELCOME \$5.00 members or \$10.00 nonmembers.
- **ZUMBA**- Mondays: 4:30pm & 6:30pm, Tuesdays & Thursdays: 10:15am & 5:30pm, Tuesdays at 5:45am, Saturdays 10:30am. Nonmembers: \$3.00/class, Fitness Members: \$2.00/class. All classes are 45 minutes.
- **STRIP TICKETS**- Tickets for sale at the front desk. \$2.00 could win you \$200. Ticket will go off on March 17th at 7pm lottery drawing.
- **AMERICAN RED CROSS LIFEGUARD CERTIFICATION**: May 1-16, 2010, Saturdays and Sundays 7-11am, cost: \$250.00. Must sign-up and pay by April 16, 2010.
- **GOLF OUTING**- Our Fourth Annual Golf Outing will be held on June 18, 2010 (Friday) at 9am at Mt. Odin Golf Course. Cost: \$70.00 per golfer or \$280.00 per foursome. We need door prizes!!!
- **CHESTNUT RIDGE GOLF RESORT**- 20% off services at the Spa & Salon, 15% off food at The 37 Grille Restaurant, reduced pricing for Lodging at our Hampton Inn & suites, Round of Golf starting at \$35.00/person for Aerobic Center members. For more information call 724-459-7191, extension 111.
- **20% OFF RYKA SHOES**- + \$4.95 Flat rate shipping fee. Two ways to order: Rykafit.com and reference promo code RSG2010 or call 1-888-834-7952.
- **ATTENTION SILVERSNEAKERS®**- Please scan your purple group exercise card FIRST and your blue fitness card second. If you do not pay for the monthly group exercise classes you will not have a purple card. Continue to stop and have your SilverSneakers® card scanned.
- **SILVERSNEAKERS® VOLUNTEERS NEEDED**- Please think about volunteering a few hours a week to help at the front desk. Monday, Wednesday and Friday 9:30am-11:00am and/or Tuesdays and Thursdays 10:00am-11:15am. You will be trained to handle keys and scan the SilverSneakers® cards. If you are interested, please see Marianne ASAP. Volunteer a month and get a month of Group Exercise for FREE!!!
- **BUS TRIP TO THE MEADOWS**- March 26, 2010 (Friday) Bus will leave at 8am and return at 5pm. Cost: \$20.00. Incentive: \$20.00 COIN & \$5.00 FOOD! Please sign up by March 19, 2010.