

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

2009-10 Winter Lifestyle/Child Movement Classes

Registration starts on Sunday, Nov. 15th at 7:00 am
See website or brochure for registration guidelines.

Check website for class descriptions. All classes are 1 hour (unless otherwise noted.)

Monday	Tuesday	Wednesday	Thursday	Sunday
9:25 a.m.: Total Body Tone \$45.00 (45 min.)	10:00 a.m.: Healthy Back (Δ) \$60.00	10:30 a.m.: Senior Power \$49.50 <i>Note: this class will be 9 weeks only. No class on 1/27.</i>	9:25 a.m.: Total Body Tone \$21.00 (1/2 hour)	9:15 a.m.: Spinning (Δ) \$48.00 (1 Hr.)
9:30 a.m.: Tai Chi (Δ) \$60.00				
10:30 a.m.: Yoga (Δ) \$75.00 1 hr., 15 min.				
4:00 p.m.: Senior Power \$55.00	5:30 p.m.: Spinning (Δ) \$60.00 (45 Min.)	5:30 p.m.: Beg. Running (2x/wk outdoors- Day 2) 1 hr.	5:30 p.m.: Yoga (Δ) \$42.00	10:30 a.m.: Power Core \$18.00 (1/2 hr.) Strengthening & stretching program for the abs and back.
4:15 p.m.: Beg. Running (Δ) (2x/wk outdoors- Day 1) \$110.00 (1 Hr.)				
5:00 p.m.: Teen Fitness (Ages 13-16) \$55.00	6:30 p.m.: Boot Camp \$55.00 (1 hour)	6:00 p.m.: Healthy Kids II (Ages 10-12) \$55.00	7:00 p.m.: Boot Camp \$38.50 (1 hour)	
5:30 p.m.: Spinning (Δ) \$60.00 (45 Min.)				
6:30 p.m.: Soothing Stretch \$30.00 (1/2 hour)	7:00 p.m.: Extreme Conditioning \$55.00	7:00 p.m.: Spinning (Δ) \$60.00 (45 Min.)	7:00 p.m.: Extreme Conditioning \$38.50 (1 hour)	
6:30 p.m.: Weight Room Fundamentals (Δ) \$60.00				

ALL SCHEDULES ARE SUBJECT TO CHANGE

DATES			
Monday	10 Classes	Starts: 11/23 - Last Class: 1/25	10 Straight weeks
Tuesday	10 Classes	Starts: 11/24 - Last Class: 1/26	10 Straight weeks
Wednesday	10 Classes	Starts: 11/25 - Last Class: 1/27	10 Straight weeks
Thursday	7 Classes	Starts: 12/3 - Last Class: 1/28	No Class: 12/24, 12/31
Sunday	6 Classes	Starts: 12/20 - Last Class: 1/31	No Class: 12/27

***Discounts offered for taking multiple classes (does not include specialty classes (Δ) or children's classes)**

Discounts	1 Hour Classes	½ Hour Fitness Classes
2 classes per session	\$11.00 discount (off total)	\$5.00 discount (off total)
3 classes per session	\$24.00 discount (off total)	\$10.00 discount (off total)
4 classes per session	\$40.00 discount (off total)	\$15.00 discount (off total)

