

# Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

## 2012 Spring Session

### LAND EXERCISE CLASSES

Registration starts on Monday, February 13<sup>th</sup> at 8:00 am

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

No discounts are offered for taking multiple land exercise classes.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m.: <b>Pilates</b> \$30.00 (30 mins)	9:00 a.m.: <b>Pilates</b> \$45.00 (45 mins)	9:15 a.m.: <b>Spin-lates</b> (Spinning & Pilates) \$60.00	10:00 a.m.: <b>Healthy Back</b> \$60.00	1:15 p.m.: <b>Relaxing Core &amp; Stretch</b> \$30.00 (30 min.)
9:30 a.m.: <b>Tai Chi</b> \$60.00	10:00 a.m.: <b>Healthy Back</b> \$60.00	10:30 a.m.: <b>Senior Power</b> \$60.00	12:15 p.m.: <b>Pilates</b> \$30.00 (30 mins)	
10:30 a.m.: <b>Yoga</b> \$75.00 (1 hr., 15 min.)	11:15 a.m.: <b>Senior Power</b> \$45.00 (45 mins)	12:15 p.m.: <b>Half Hour of Power</b> \$30.00 (30 min.)	1:15 p.m.: <b>Total Body Express Circuit</b> \$30.00 (30 min.)	<b>Saturday</b> 9:15 a.m.: <b>SPINNING®</b> \$60.00(45 Min.)
12:15 p.m.: <b>Yoga</b> \$30.00 (30 min.)	12:15 p.m.: <b>SPINNING®</b> \$30.00 (30 Min.)	1:15 p.m.: <b>Ultimate Core &amp; Stretch</b> \$30.00 (30 min.)	4:30 p.m.: <b>Yin Yoga</b> \$60.00	10:10 a.m.: <b>Soothing Stretch</b> \$30.00 (30 mins)
1:15 p.m.: <b>Core &amp; Stretch</b> \$30.00 (30 min.)	1:15 p.m.: <b>Instructor Choice</b> \$30.00 (30 Min.)	5:10 p.m.: <b>Awesome Body Workout</b> \$30.00 (40 Min.)	5:30 p.m.: <b>Yoga</b> \$60.00	<b>Sunday</b>
5:30 p.m.: <b>SPINNING®</b> \$60.00 (45 Min.)	5:10 p.m.: <b>Awesome Body Workout</b> \$30.00 (40 Min.)	6:00 p.m.: <b>Killer Kettlebells</b> \$30.00 (30 mins)	6:15 p.m. <b>Speed &amp; Agility</b> \$45.00 (45 mins)	9:15 a.m.: <b>Pilates</b> \$48.00
6:30 p.m.: <b>ZUMBA</b> (no class 4/9) \$54.00	7:00 p.m.: <b>Extreme Conditioning</b> \$60.00	7:00 p.m.: <b>SPINNING®</b> \$60.00 (45 Min.)	7:00 p.m.: <b>Extreme Conditioning</b> \$60.00	
7:00 p.m.: <b>Triathlon Training</b> 2x/wk on M & Th (Day 1 of 2) \$180.00 (1½ hrs.)	7:00 p.m.: <b>ZUMBA</b> (no class 4/10) \$54.00	8:00 p.m. <b>Killer Kettlebells</b> \$30.00 (30 min)	7:00 p.m.: <b>Triathlon Training</b> 2x/wk on M & Th (Day 2 of 2) 1½ hrs.	

Classes will be cancelled if enrollment numbers do not meet at least half the full class size.

#### DATES

<b>Mon.:</b>	Starts: 3/5 - Last Class: 5/7	10 Straight weeks
<b>Tues.:</b>	Starts: 3/6- Last Class: 5/8	10 Straight weeks
<b>Wed.:</b>	Starts: 3/7 - Last Class: 5/9	10 Straight weeks
<b>Thurs.:</b>	Starts: 3/8 - Last Class: 5/10	10 Straight weeks
<b>Fri.:</b>	Starts: 3/9 - Last Class: 5/11	10 Straight weeks
<b>Sat.:</b>	Starts: 3/10 - Last Class: 5/12	10 Straight weeks
<b>Sun.:</b>	Starts: 3/11 - Last Class: 5/13	8 weeks (no class 4/8, 5/6)



**FITNASSAU**  
County Executive Edward P. Mangano