

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

2013 SUMMER Session- LAND EXERCISE CLASSES

Registration starts on Monday, April 22nd at 8:00 am

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

Monday	Tuesday	Wednesday	Thursday	Saturday
9:30 a.m.: Senior Power \$40.50 (45 mins.) 9:30 a.m.: Tai Chi \$54.00	9:00 a.m.: Pilates \$45.00 (45 mins)	9:15 a.m.: Spin-lates (Spinning & Pilates) \$60.00	9:00 a.m.: Senior Wake up & Dance \$24.00 (30 mins)	9:15 a.m.:  SPINNING \$54.00 (45 mins)
10:30 a.m.: Yoga \$67.50 (1 hr., 15 min.)	10:00 a.m.: Healthy Back \$60.00	10:30 a.m.: Senior Power \$60.00	10:00 a.m.: Healthy Back \$48.00	10:30 a.m.: Cardio Kickboxing \$40.50 (45 mins)
1:30 p.m.: **NEW** "Bring the baby" Post-Natal Boot Camp \$54.00	 SPINNING 12:15 p.m.: \$30.00 (30 Min.)	12:15 p.m.: Intense Body Transformation \$30.00 (30 min.)	1:15 p.m.: Walk & Stretch \$24.00 (30 mins)	Sunday 10:00 a.m. **NEW** "Bring the baby" Post-Natal Boot Camp (June 9, 16, 30, July 14) 4 classes only \$24.00
 SPINNING 5:30 p.m.: \$54.00 (45 Min.)	1:15 p.m.: Intense Body Transformation \$30.00 (30 Min.)	5:30 p.m.: Big Dave's Boot Camp \$45.00 (45 Min.)	4:30 p.m.: Yin Yoga \$48.00 5:30 p.m.: Yoga \$48.00	10:30 a.m.: Pilates \$54.00
5:30 p.m.: Big Dave's Boot Camp \$40.50 (45 Min.)		 SPINNING 6:45 p.m.: \$60.00 (45 Min.)	 ZUMBA toning \$48.00	Personal training available for all facility members. Please contact David Graziosi for more information. dgraziosi@nassaucountyny.gov
 ZUMBA toning \$54.00	7:00 p.m.: EXTREME CONDITIONING \$60.00	7:45 p.m.: Boot Camp \$60.00	7:00 p.m.: EXTREME CONDITIONING \$48.00	
7:00 p.m.: Triathlon Training Starts 6/3/13 Day 1 of 2 \$99.00 (1 hr, 30 mins)	7:00 p.m.:  ZUMBA \$60.00	7:30 p.m.: Kettlebells \$45.00 (45 min)	7:00 p.m.: Triathlon Training Starts 6/6/13 Day 2 of 2 (1 hr, 30 mins)	

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

DATES		
Note: \$5.00 non-refundable registration fee is charged per class		
Mon.:	Starts: 5/13 - Last Class: 7/15	9 weeks (no class 5/27)
Tues.:	Starts: 5/14 - Last Class: 7/16	10 straight weeks
Wed.:	Starts: 5/15 - Last Class: 7/17	10 straight weeks
Thurs.:	Starts: 5/16 - Last Class: 7/11	8 weeks (no class 7/4)
Sat.:	Starts: 5/18 - Last Class: 7/13	9 straight weeks
Sun:	Starts: 5/19 - Last Class: 7/14	9 straight weeks



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