

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

572-0500

2017 SPRING SESSION **LAND EXERCISE CLASSES**

10 week session

Monday Dates: 3/6 - 5/8	Tuesday Dates: 3/7 - 5/9	Wednesday Dates: 3/8 - 5/10	Thursday Dates: 3/9 - 5/11
Grace 9:30 a.m.: Fit & Fabulous Seniors (45 mins.)	Grace 9:00 a.m.: Pilates (45 mins)	Grace 10:30 a.m.: Fit & Fabulous Seniors (45 mins.)	Grace 9:00 a.m.: Beginner Step and Dance (30 mins)
Linda 9:30 a.m.: Tai Chi (1hr) <i>No class 4/24</i>	Grace 12:15 p.m.: Lunchtime Fitness (30 Min.)	Grace 12:15 p.m.: Lunch Time Dance Party (30 min.)	Grace 12:15 p.m.: Beginner Step and Core (30 mins)
Linda 10:30 a.m.: Yoga (1 hr., 15 min.) <i>No class 4/24</i>	Dave 1:15 p.m.: Core and Stretch (30 Min.)		Linda 4:30 p.m.: Yin Yoga (1hr) <i>No class 4/27</i>
Linda 12:15 p.m.: Yoga (30 mins) <i>No class 4/24</i>		Dave 5:15 p.m.: EXTREME CONDITIONING (45 min)	Linda 5:30 p.m.: Yoga (1hr) <i>No class 4/27</i>
Mike 5:30 p.m.: SPIN-CAMP (½ hr Spinning or Circuit training + ½ hr Boot Camp) (1hr)	Laura 6:00 p.m.: ZUMBA + Body toning (Half Zumba/Half toning) (45 min.)	Mike 6:15 p.m.: SPINNING (45 Min.)	Laura 6:30 p.m.: INSANITY (45 min) <i>No class 3/2 & 5/11</i>
Mike 7:00 p.m.: Triathlon Training (run/swim) (1 hr, 30 mins)	Laura 7:00 p.m.: INSANITY (45min)	Mike 7:00 p.m.: Triathlon Training (spin/swim) (1 hr, 30 mins)	

Classes are available **ONLY** for Total Access Pass members at no extra charge. All classes will be available on a first come, first serve basis on the day of the class. You must have a valid and current membership on the day of class. You must check-in at the front desk and get a membership wristband. All class participants must have a membership wristband received on the day of visit. Please be advised this offer does **NOT** include any of our Aquatic Fitness classes or Swim Lessons.

If you have any questions please email them to David Graziosi at dgraziosi@nassaucountyny.gov



NASSAU COUNTY EXECUTIVE
ED MANGANO