

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

572-0500

2017 FALL SESSION **LAND EXERCISE CLASSES**

10 week session

Monday Dates: 9/11 - 11/13 No class: 10/9	Tuesday Dates: 9/12 - 11/14 No class: 11/7	Wednesday Dates: 9/13 - 11/15	Thursday Dates: 9/14 - 11/16	Friday Dates: 9/15 - 11/17
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)	Grace 9:30 a.m.: Fit & Fabulous Seniors (45 mins.)
Linda 9:30 a.m.: Tai Chi (1hr)	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)	Dave 1:15 p.m.: Core and Stretch (30 Min.)
Linda 10:30 a.m.: Yoga (1 hr., 15 min.)	Dave 1:15 p.m.: Core and Stretch (30 Min.)		Linda 4:30 p.m.: Yin Yoga (1hr)	
Linda 12:15 p.m.: Yoga (30 mins)			Linda 5:30 p.m.: Yoga (1hr)	
Mike 5:45 p.m.: SPIN-CAMP (½ hr Spinning or Circuit training + ½ hr Boot Camp) (1hr)	Laura 6:00 p.m.: INSANITY (45min) No class: 10/31	Mike 6:30 p.m.: SPINNING (45 Min.)	Laura 6:30 p.m.: INSANITY (45 min) No class: 9/14	
Mike 7:00 p.m.: Triathlon Training (spin/swim) (1 hr, 30 mins)	Laura 7:00 p.m.: Total Body (45 min.) No class: 10/31		Mike 7:00 p.m.: Triathlon Training (run/swim) (1 hr, 30 mins)	
			Laura 7:30 p.m.: Total Body (45 min.) No class: 9/14	

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