


# Nassau County Aquatic Center

516-572-0500

## **2018 Fall SESSION** **LAND EXERCISE CLASSES**

10 week session

<u><b>Monday</b></u> Dates: 9/17 – 11/26 (no class 10/8)	<u><b>Tuesday</b></u> Dates: 9/18 – 11/27 (no class 11/6)	<u><b>Wednesday</b></u> Dates: 9/19 – 11/28	<u><b>Thursday</b></u> Dates: 9/20 – 11/29 (no class 11/22)	<u><b>Friday</b></u> Dates: 9/21 – 11/30 (no class 11/23)
Grace 9:30 a.m.: <b>Fit &amp; Fabulous Seniors</b> (45 min.)	Grace 9:30 a.m.: <b>Healthy Back</b> (45 min.)		Karen 8:30a.m.: <b>Total Body Tone</b> (45 min)	Grace 9:30 a.m.: <b>Fit &amp; Fabulous Seniors</b> (45 min.)
Rose 10:30 a.m.: <b>Yoga</b> (45 min.)		Grace 10:30 a.m.: <b>Fit &amp; Fabulous Seniors</b> (45 min.)	Karen 9:30 a.m.: <b>Karen's Senior Power</b> (45 min.)	
Rose 12:15 p.m.: <b>Yoga</b> (45 Min.)	Grace 12:15 p.m.: <b>Lunchtime Fitness</b> (30 Min.)	Grace 12:15 p.m.: <b>Lunch Time Dance Party</b> (30 min.)	Rose 10:30 a.m.: <b>Yoga</b> (45 min.)	Grace 12:15 p.m.: <b>Beginner Step and Core</b> (30 Min.)
Rose 1:15 p.m.: <b>Yoga</b> (30 Min.)	Dave 1:15 p.m.: <b>Core and Stretch</b> (30 Min.)	Fit Center Enjoy the Usage of our Fabulous Fitness Center	Rose 12:15 p.m.: <b>Yoga</b> (30 min.)	Dave 1:15 p.m.: <b>Core and Stretch</b> (30 Min.)
Mike 6 p.m.: <b>BOOTCAMP</b> (45min)	Laura 6:30 p.m.: <b>INSANITY</b> (45min)	Mike 6 p.m.:  <b>SPINNING®</b> (45 Min.)	Rose 1:15 p.m.: <b>Yoga</b> (30 Min.)	—
Mike 7:00 p.m.: <b>Triathlon Training</b> (spin/swim) (1 hr, 30 mins)	Laura 7:30 p.m.: <b>Total Body Conditioning</b> (45 min.)	Shawn 7:00 p.m.: <b>Circuit Training</b> (45 min.)	Laura 6 p.m.: <b>INSANITY</b> (45 min)	—
—	—	Mike 7:00 p.m.: <b>Triathlon Training</b> (run/swim) (1 hr, 30 mins)	Laura 6:45 p.m.: <b>Total Body Conditioning</b> (45 min.)	

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](mailto:dgraziosi@nassaucountyny.gov)

**NASSAU COUNTY DEPT. OF PARKS,**  
**RECREATION & MUSEUMS**