

# Nassau County Aquatic Center

516-572-0500

## 2018/19 Winter SESSION LAND EXERCISE CLASSES

10 week session

<b>Monday</b> Dates: 12/3 – 2/4 <b>(no class 12/24, 12/31, 1/21)</b>	<b>Tuesday</b> Dates:12/4 –2/5 <b>(no class 12/25, 1/1)</b>	<b>Wednesday</b> Dates:12/5 –2/6	<b>Thursday</b> Dates:12/6 –2/7	<b>Friday</b> Dates:12/7 –2/8
	<i>Karen</i> <b>8:00a.m.: Total Body Tone (45 min)</b>		<i>Karen</i> <b>8:00a.m.: Total Body Tone (45 min)</b>	
<i>Grace</i> <b>9:30 a.m.: Fit &amp; Fabulous Seniors (45 min.) (no Class 12/17)</b>	<i>Grace</i> <b>9:30 a.m.: Healthy Back (45 min.)</b>		<i>Karen</i> <b>9:30 a.m.: Karen's Senior Power (45 min.)</b>	<i>Grace</i> <b>9:30 a.m.: Fit &amp; Fabulous Seniors (45 min.)</b>
<i>Rose</i> <b>10:30 a.m.: Yoga (45 min.)</b>	<i>Karen</i> <b>10:30 a.m.: Karen's Senior Power (45 min.)</b>	<i>Grace</i> <b>10:30 a.m.: Fit &amp; Fabulous Seniors (45 min.)</b>	<i>Rose</i> <b>10:30 a.m.: Yoga (45 min.)</b>	
<i>Rose</i> <b>12:15 p.m.: Yoga (30 Min.)</b>	<i>Grace</i> <b>12:15 p.m.: Lunchtime Fitness (30 Min.)</b>	<i>Grace</i> <b>12:15 p.m.: Lunch Time Dance Party (30 min.)</b>	<i>Rose</i> <b>12:15 p.m.: Yoga (30 min.)</b>	<i>Grace</i> <b>12:15 p.m.: Beginner Step and Core (30 Min.) (no class 12/14)</b>
<i>Rose</i> <b>1:15 p.m.: Yoga (30 Min.)</b>	<i>Karen</i> <b>1:15 p.m.: Core and Stretch (30 Min.)</b>	<i>Grace</i> <b>1:15 p.m.: Lunchtime Fitness (30 Min.)</b>	<i>Rose</i> <b>1:15 p.m.: Fast, Fit, and Lean (30 Min.)</b>	<i>Dave</i> <b>1:15 p.m.: Core and Stretch (30 Min.)</b>
<i>Mike</i> <b>6 p.m.: Boot-Camp (45min)</b>		<i>Mike</i> <b>6 p.m. Spinning (45 Min.)</b>		
<i>Mike</i> <b>7:00 p.m.: Triathlon Training (spin/swim) (1 hr, 30 mins)</b>	<i>Laura</i> <b>6:30 p.m. Super Circuit (45min)</b>	<i>Shawn</i> <b>7:00 p.m.: Circuit Training (45 min.) (no class 1/23)</b>		
	<i>Laura</i> <b>7:30 p.m.: Total Body Conditioning (45 min.)</b>	<i>Mike</i> <b>7:00 p.m.: Triathlon Training (run/swim) (1 hr, 30 mins)</b>		

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**