

Nassau County Aquatic Center

516-572-0500

2019 Spring SESSION LAND EXERCISE CLASSES

10 week session

Monday Dates: 2/25 – 4/29	Tuesday Dates:2/26-4/30	Wednesday Dates:2/27-5/1	Thursday Dates:2/28-5/2	Friday Dates:3/1-5/3 (no class) (3/1,3/8,3/15,3/22)
	<i>Karen</i> 8:00a.m.: Total Body Tone (45 min)		<i>Karen</i> 8:00a.m.: Total Body Tone (45 min)	
<i>Grace</i> 9:30 a.m.: Fit & Fabulous Seniors (45 min.)	<i>Grace</i> 9:30 a.m.: Healthy Back (45 min.)		<i>Karen</i> 9:30 a.m.: Karen's Senior Power (45 min.)	<i>Grace</i> 9:30 a.m.: Fit & Fabulous Seniors (45 min.)
<i>Rose</i> 10:30 a.m.: Yoga (45 min.) No class 4/18	<i>Karen</i> 10:30 a.m.: Karen's Senior Power (45 min.)	<i>Grace</i> 10:30 a.m.: Fit & Fabulous Seniors (45 min.)	<i>Rose</i> 10:30 a.m.: Yoga (45 min.) No class 4/22	
<i>Rose</i> 12:15 p.m.: Yoga (30 Min.) No class 4/18	<i>Grace</i> 12:15 p.m.: Lunchtime Fitness (30 Min.)	<i>Grace</i> 12:15 p.m.: Lunch Time Dance Party (30 min.)	<i>Rose</i> 12:15 p.m.: Yoga (30 min.) No class 4/22	<i>Grace</i> 12:15 p.m.: Beginner Step and Core (30 Min.)
<i>Rose</i> 1:15 p.m.: Yoga (30 Min.) No class 4/18	<i>Karen</i> 1:15 p.m.: Total Body Workout (30 Min.)	<i>Grace</i> 1:15 p.m.: Weight room Fundamentals (30 Min.)	<i>Rose</i> 1:15 p.m.: Fast, Fit, and Lean (30 Min.) No class 4/22	
<i>Mike</i> 6 p.m.: Boot-Camp (45min)		<i>Mike</i> 6 p.m. Spinning (45 Min.)		
<i>Mike</i> 7:00 p.m.: Triathlon Training (spin/swim) (1 hr, 30 mins)	<i>Laura</i> 6:30 p.m. Super Circuit (45min)	<i>Shawn</i> 7:00 p.m.: Circuit Training (45 min.)		
	<i>Laura</i> 7:30 p.m.: Total Body Conditioning (45 min.)	<i>Mike</i> 7:00 p.m.: Triathlon Training (run/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 DEPT. OF PARKS, RECREATION & MUSEUMS