

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

2016 FALL Session- LAND EXERCISE CLASSES

Registration starts on Monday, August 29th, at 8:00 am (doors open 6am)

Check website for class descriptions. All classes are 1 hour (unless otherwise noted.)

Monday	Tuesday	Wednesday	Thursday
Grace 9:30 a.m.: Fit & Fabulous Seniors \$65.40 (45 mins.) 1			Grace 9:00 a.m.: Senior Wake up & Dance \$39.00 (30 mins) 17
Linda 9:30 a.m.: Tai Chi (no class 9/12) \$58.80 2	Grace 9:00 a.m.: Pilates \$65.40 (45 mins) 7	Grace 10:30 a.m.: Fit & Fabulous Seniors (45 mins.) \$72.00 12	
Linda 10:30 a.m.: Yoga \$85.20 (no class 9/12) (1 hr., 15 min.) 3			
Linda 12:15 p.m. Yoga \$32.40 (no class 9/12) (30 mins) 22	Grace 12:15 p.m.: Core & Stretch \$35.70 (30 Min.) 9	Grace 12:15 p.m.: Lunch Time Dance Party \$39.00 (30 min.) 13	Grace 12:15 p.m.: Intense Body Transformation \$39.00 (30 mins) 19
Katie 5:30 p.m.: SPIN-CAMP (½ hr Spinning or Circuit training + ½ hr Boot Camp) \$65.40 4	Dave 1:15 p.m.: Lunchtime Fitness \$35.70 (30 Min.) 25		Linda 4:30 p.m.: Yin Yoga \$72.00 20
Dave 6:30 p.m.: Physique Training \$65.40 5	Laura 5:45 p.m. Beginning Weight Training \$65.40 24		Linda 5:30 p.m.: Yoga \$72.00 21
	Laura 7:00 p.m.: ZUMBA + Body toning (Half Zumba/Half toning) \$65.40 10	Dave 6:30 p.m.: EXTREME CONDITIONING \$72.00 15	Laura 6:30 p.m.: INSANITY (no class 9/15 & 10/27) \$58.80 23
	Mike 7:00 p.m.: Triathlon Training (run/swim) \$95.10 (1 hr, 30 mins) 6	Mike 6:45 p.m. SPINNING \$72.00 (45 Min.) 14	Mike 7:00 p.m.: Triathlon Training (spin/swim) \$105.00 (1 hr, 30 mins) 26

Classes will be cancelled if enrollment numbers do not meet at least half the full class size.

DATES		
Mon.:	Starts: 9/12- Last Class: 11/14	9 weeks (no class 10/10) (unless otherwise noted on the indiv. class)
Tues.:	Starts: 9/13 - Last Class: 11/15	9 weeks (no class 11/8) (unless otherwise noted on the indiv. class)
Wed.:	Starts: 9/14 - Last Class: 11/16	10 weeks (unless otherwise noted on the indiv. class)
Thurs.:	Starts: 9/15 - Last Class: 11/17	10 weeks (unless otherwise noted on the indiv. class)
Note: a \$6.00 non-refundable registration fee is included in the price of each class		



NASSAU COUNTY EXECUTIVE
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