

# Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

572-0500

## **2016-17 WINTER SESSION** **LAND EXERCISE CLASSES**

10 week session

<b><u>Monday</u></b> Dates: 12/5 - 2/6 (no class 1/16)	<b><u>Tuesday</u></b> Dates: 12/6 - 2/7	<b><u>Wednesday</u></b> Dates: 12/7 - 2/8	<b><u>Thursday</u></b> Dates: 12/8 - 2/9
Grace 9:30 a.m.: <b>Fit &amp; Fabulous Seniors</b> (45 mins.)	Grace 9:00 a.m.: <b>Pilates</b> (45 mins)	Grace 10:30 a.m.: <b>Fit &amp; Fabulous Seniors</b> (45 mins.)	Grace 9:00 a.m.: <b>Beginner Step and Dance</b> (30 mins)
Linda 9:30 a.m.: <b>Tai Chi</b> (1hr)	Grace 12:15 p.m.: <b>Core and Stretch</b> (30 Min.)	Grace 12:15 p.m.: <b>Lunch Time Dance Party</b> (30 min.)	Grace 12:15 p.m.: <b>Beginner Step and Core</b> (30 mins)
Linda 10:30 a.m.: <b>Yoga</b> (1 hr., 15 min.)	Dave 1:15 p.m.: <b>Lunchtime Fitness</b> (30 Min.)	Dave 5:15 p.m.: <b>EXTREME CONDITIONING</b> (45 min)	Linda 4:30 p.m.: <b>Yin Yoga</b> (1hr)
Linda 12:15 p.m. <b>Yoga</b> (30 mins)	Laura 5:45 p.m. <b>INSANITY</b> (45min)	Mike 6:45 p.m. <b>SPINNING</b> (45 Min.)	Linda 5:30 p.m.: <b>Yoga</b> (1hr)
Mike 5:30 p.m.: <b>SPIN-CAMP</b> (½ hr Spinning or Circuit training + ½ hr Boot Camp) (1hr)	Laura 7:00 p.m.: <b>ZUMBA</b> + Body toning (Half Zumba/Half toning) (1hr)		Laura 6:30 p.m.: <b>INSANITY</b> (45 min) (no class 12/8)
Mike 7:00 p.m.: <b>Triathlon Training</b> (run/swim) (1 hr, 30 mins)			Mike 7:00 p.m.: <b>Triathlon Training</b> (spin/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](mailto:dgraziosi@nassaucountyny.gov)



NASSAU COUNTY EXECUTIVE  
**ED MANGANO**