

Nassau County Aquatic Center

516-572-0500

2019 Late Spring SESSION LAND EXERCISE CLASSES

7 week session

Monday Dates: 5/6 – 6/17 (No Classes 5/27)	Tuesday Dates: 5/7 – 6/18	Wednesday Dates: 5/8 – 6/19	Thursday Dates: 5/9 – 5/20	Friday Dates: 5/10 – 6/21
	<i>Karen</i> 8:00a.m. Total Body Tone (45 min)		<i>Karen</i> 8:00a.m. Total Body Conditioning (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>Grace</i> 9:30 a.m. Fit & Fabulous Seniors (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.)	<i>Karen</i> 10:30 a.m. Karen's Senior Power (45 min.)		<i>Rose</i> 10:30 a.m. Yoga (45 min.)	
<i>Rose</i> 12:15 p.m. Yoga (30 Min.)	<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.)	<i>Grace</i> 12:15 p.m.: Beginner Step and Core (30 Min.)
<i>Rose</i> 1:15 p.m. Yoga (30 Min.)	<i>Karen</i> 1:15 p.m. Total Body Conditioning (30 Min.)		<i>Rose</i> 1:15 p.m. Fast, Fit, and Lean (30 Min.)	
<i>Mike</i> 6 p.m. Boot Camp (45min)		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)	7:00 p.m. Circuit Training (45 min.)		
	<i>Laura</i> 7:30 p.m.: Total Body Conditioning (45 min.)	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