

Nassau County Aquatic Center

516-572-0500

2019 Winter Session **LAND EXERCISE CLASSES**

10 week session begins Monday, December 2nd

<u>Monday</u> Dates: 12/2 – 2/3 <u>no classes</u> <u>1/20</u>	<u>Tuesday</u> Dates: 12/3 – 2/4 <u>no classes</u> <u>12/24, 12/31</u>	<u>Wednesday</u> Dates: 12/4 – 2/5 <u>no classes</u> <u>12/25, 1/1</u>	<u>Thursday</u> Dates: 12/5 – 2/6	<u>Friday</u> Dates: 12/20 – 2/7 <u>no classes</u> <u>12/6, 12/13</u>
	Karen 8:30 a.m. Total Body Conditioning (45 min.)		Karen 8:30 a.m. Total Body Conditioning (45 min.)	
Grace 9:30 a.m. Fit & Fabulous Seniors (45 min.)	Karen 9:30 a.m. Karen's Senior Power (45 min.)	Grace 9:30 a.m. Fit & Fabulous Seniors (45 min.)	Karen 9:30 a.m. Karen's Senior Power (45 min.)	Grace 9:30 a.m.: Fit & Fabulous Seniors (45 min.)
Rose 10:30 a.m. Go with the Flow Yoga (45 min.)	Grace 10:30 a.m. Healthy Back (45 min.)		Rose 10:30 a.m. Go with the Flow Yoga (45 min.)	
		Grace 12:15 p.m. Lunch Time Dance Party (30 min.)	Rose 12:15 p.m. Go with the Flow Yoga (30 min.)	Grace 12:15 p.m.: Beginner Step and Core (30 Min.)
Rose 12:15 p.m. Go with the Flow Yoga (30 Min.)	Grace 12:15 p.m. Lunchtime Fitness (30 Min.)	Mike 6 p.m. Spinning (45 Min.)		
Mike 6 p.m. Boot Camp (45min.)	Karen 1:15 p.m. Total Body Conditioning (30 Min.)	Mike 7:00 p.m. Triathlon Training (run/swim) (1 hr, 30 mins.)		
Mike 7:00 p.m. Triathlon Training (spin/swim) (90 min)	Laura 6:00 p.m. Body Blast Boot Camp (45 min) (meets in fitness center)	Shawn 7:00 p.m. Strength & Stretch (45 min)		

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 Laura Vegas at lvegas@nassaucountyny.gov

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS