



GROUP FITNESS SCHEDULE

JULY 2014

NOTE: Proper gym attire (sweats or other loose fitting clothing) required including sneakers or footwear with scuff-resistant soles. No shoes, boots or jeans allowed.

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 <p>Not sure where to begin? Contact marianne.mclaughlin@csi.cuny.edu for help getting started.</p>					Step Aerobics (Diane) 9-10 a.m. No class 7/5	Instructor's Choice See below
						Weight Training on the Ball (Diane) 10-11 a.m. No class 7/5	
Early morning	Aqua Aerobics (Pat) 9-10 a.m. Starting 7/7		Aerobics (Pat) 9-10 a.m. Starting 7/3	Aerobics (Pat) 9-10 a.m. No class 7/4		 <p>*YOGA Classes NEW LOCATION!! CENTER FOR THE ARTS White Room – 1P - Room 118a Down Hallway Between Lecture Hall & Concert Hall All other classes held in the Sports and Recreation Center (unless otherwise noted)</p> <hr/> <p>Aqua Aerobics 7/27/14 10 – 11 a.m. (with Pat)</p> <p>All classes are CLUE Certified</p>	
Mid-day		Step Aerobics (Rose) 12:30-1:30 p.m.	Body Sculpt (Rose) 12:30-1:30 p.m.	ZUMBA! (Matt) 12:30-1:30 p.m. Note: No class 7/4 Class will start at 12:15 p.m. on 7/24			
Evening	Step Aerobics (Rose) 5:30-6:30 p.m. Body Sculpt (Rose) 6:30-7:15 p.m.	Tone and Stretch (Ann) 5:30 – 6:30 p.m. Pilates Style Mat Workout (Kathy) 6:30 – 7:30 p.m.	Interval Workout with Cardio Dance Moves (Kathy) 6 – 7 p.m.	Instructor's Choice (Rose) 5:30 – 6:30 p.m. No class 7/4 Abdominals (Rose) 6:30-6:45 p.m. No class 7/4			
Evening Yoga		Yoga* (Donna S.) 5:30–7 p.m.	Yoga* (Isabelle) 5–6:30 p.m.	Yoga (Joan) 6 – 7:30 p.m. No class 7/4 & 7/31			

Valid CSI student ID or Sports and Recreation Center membership card required.

Instructors and class schedule subject to change without notice. From time to time group fitness classes will be canceled so that the facility can be used for special events. Please check with the issue desk to confirm class schedule (982-3134). See reverse side for class descriptions. Rev. 7/3/14