



GROUP FITNESS SCHEDULE

NOVEMBER 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
	 <div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>Have a Happy Thanksgiving!</p> </div> <p>No advanced sign-up required to take classes. Be sure to bring valid ID or GF pass.</p> <p>Not sure where to begin? Contact marianne.mclaughlin@csi.cuny.edu for help getting started.</p>					<p>NEW TIME Step Aerobics (Diane) 9-9:45 a.m. No class 11/22 & 11/29</p> <p>NEW TIME Weight Training on the Ball (Diane) 9:45-10:30 a.m. No class 11/22 & 11/29</p>	
Early morning	Aqua Aerobics (Pat) 9-10 a.m. No class 11/24		Aqua Aerobics (Pat) 9-10 a.m. No class 11/26	Aqua Aerobics (Pat) 9-10 a.m. No class 11/27		 <p>*YOGA Classes LOCATION: CENTER FOR THE ARTS White Room – 1P - Room 118a Down Hallway Between Lecture Hall & Concert Hall</p> <p>All other classes held in Sports & Recreation Center (unless otherwise noted)</p> <p>All classes are CLUE Certified</p>	
Mid-day		Step Aerobics (Rose) 12:30-1:30 p.m. No class 11/25	Body Sculpt (Rose) 12:30-1:30 p.m. No class 11/26		Instructor's Choice (Rose) 12:30-1:30 p.m. No class 11/28		
Evening	Step Aerobics (Rose) 5:30-6:30 p.m. No class 11/24	Tone and Stretch (Ann) 5:30 – 6:30 p.m. No class 11/25	ZUMBA! (Christine) 5:30 – 6:30 p.m. No class 11/26	Instructor's Choice (Rose/Marianne) 5:30 – 6:30 p.m. No class 11/27			
	Body Sculpt (Rose) 6:30-7:15 p.m. No class 11/24	Pilates Style Mat Workout (Kathy) 6:30 – 7:30 p.m. No class 11/25	Interval Workout with Cardio Dance Moves (Kathy) 6:30 – 7:30 p.m. No class 11/26	Abdominals (Rose) 6:30-6:45 p.m. No class 11/27			
Evening Yoga		Yoga* (Donna S.) 5 – 6:15 p.m. No class 11/4 and 11/25	Yoga* (Isabelle) 5 – 6:15 p.m. No class 11/26	Yoga* (Joan) 6 – 7:15 p.m. No class 11/27			

NO ADVANCED SIGN UP REQUIRED TO TAKE CLASSES.

Be sure to bring valid CSI student ID or Sports and Recreation Center membership card/pass.

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.