

GROUP FITNESS SCHEDULE

DECEMBER 1st – 17th 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>					<p>NEW TIME Step Aerobics (Diane) 9-9:45 a.m.</p> <p>NEW TIME Weight Training on the Ball (Diane) 9:45-10:30 a.m.</p>	
Early morning	Aqua Aerobics (Pat) 9-10 a.m.		Aqua Aerobics (Pat) 9-10 a.m.	Aqua Aerobics (Pat) 9-10 a.m.		 <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.	Body Sculpt (Rose) 12:30-1:30 p.m.		Instructor's Choice (Rose) 12:30-1:30 p.m.		
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.	ZUMBA! (Christine) 5:30 – 6:30 p.m. Interval Workout with Cardio Dance Moves (Kathy) 6 – 7 p.m.	Instructor's Choice (Rose/Marianne) 5:30 – 6:30 p.m. Abdominals (Rose) 6:30-6:45 p.m.			
Evening Yoga		Yoga* (Donna S.) 5 – 6:15 p.m. No class 12/9	Yoga* (Isabelle) 5 – 6:15 p.m. No class 12/10	Yoga* (Joan) 6 – 7:15 p.m. No class 12/11			

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.