College of Staten Island
SPORTS & RECREATION CENTER

G R O U P   F I T N E S S   S C H E D U L E
J U N E   2 0 1 5

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
						Step Aerobics* (Diane) 9-9:45 a.m.	Aqua Aerobics (Pat) 10-11 a.m. **6/30/15 ONLY**
						Weight Training on the Ball* (Diane) 9:45-10:30 a.m.	
Early morning	Aqua Aerobics* (Pat) 9-10 a.m.		Aqua Aerobics* (Pat) 9-10 a.m.	Aqua Aerobics* (Pat) 9-10 a.m.			
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.	Tone & Stretch* (Ann) 5:30 – 6:30 p.m.	ZUMBA!* (Christine) 5:30 – 6:30 p.m.	Instructor's Choice* (Rose/Marianne) 5:30 – 6:30 p.m.			
	Body Sculpt* (Rose) 6:30-7:15 p.m.	Pilates Style Mat Workout* (Kathy) 6:30 – 7:30 p.m.					
Evening Yoga		Yoga* (Donna) 5 – 6:15 p.m. **New Location Room 1C-209**	Yoga* (Isabelle) 5 – 6:15 p.m. **New Location Room 1C-209**	Yoga* (Joan) 6 – 7:15 p.m. **New Location Room 1C-209**			

Get on the Ball - Start Exercising Now!

* = No classes from 6/14 – 6/26
The Sports & Rec Center will be closed
YOGA CLASSES WILL TAKE PLACE

Not sure where to begin? Contact marianne.mclaughlin@csi.cuny.edu for help getting started.

Check Group Fitness APP for schedule updates and other fitness information.

Group Fitness

Search CSI Dolphins at the APP store

YOGA Classes NEW LOCATION FOR SUMMER: Campus Center 1C-209

All other classes held in Sports & Recreation Center

All classes are CLUE Certified

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 because of weather conditions or so that the facility can be used for special events. Please check Group Fitness app (Search CSI Dolphins at the APP Store) or check with the issue desk to confirm class schedule (982-3134). See reverse side for class descriptions.

THE CITY UNIVERSITY OF NEW YORK
College of Staten Island

(5/21/15)