

GROUP FITNESS SCHEDULE

MAY 2015

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>Eat Clean, Train Hard!</p> <p>Not sure where to begin? Contact marianne.mclaughlin@csi.cuny.edu for help getting started.</p>					Step Aerobics (Diane) 9-9:45 a.m. No class 5/23	Aqua Aerobics (Pat) 10-11 a.m. 5/31/15 ONLY		
						Weight Training on the Ball (Diane) 9:45-10:30 a.m. No class 5/23			
Early morning	Aqua Aerobics (Pat) 9-10 a.m. No class 5/18 & 5/25		Aqua Aerobics (Pat) 9-10 a.m.	Aqua Aerobics (Pat) 9-10 a.m. No class 5/28		<p>Check Group Fitness APP for schedule updates and other fitness information.</p>  <p>Search CSI Dolphins at the APP store</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.			<p>*YOGA Classes See schedule for Building 1P – 118a</p> 	
Evening	Step Aerobics (Rose) 5:30-6:30 p.m. No class 5/18 & 5/25	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.	Instructor's Choice (Rose/Marianne) 5:30 – 6:30 p.m. No class 5/28					
Evening Yoga		Yoga* (Donna) 5 – 6:15 p.m. No class 5/5, 5/12, 5/26	Yoga* (Isabelle) 5 – 6:15 p.m. No class 5/27	Yoga* (Joan) 6 – 7: 15 p.m. No class 5/28					

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.