

GROUP FITNESS SCHEDULE

SEPTEMBER 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>Welcome Back! New Semester, New Start!</p>  <p>Not sure where to begin? Contact marianne.mclaughlin@csi.cuny.edu for help getting started.</p> <p>*See schedule below for cancellations due to floor maintenance.</p>					<p>Step Aerobics (Diane) 9-9:45 a.m. No class 9/5 & 9/12</p> <p>Weight Training on the Ball (Diane) 9:45-10:30 a.m. No class 9/5 & 9/12</p>	<p>Aqua Aerobics (Pat) 10-11 a.m. 9/27 only</p>
Early morning	NEW TIME Aqua Aerobics (Pat) 9:30-10:30 a.m.		NEW TIME Aqua Aerobics (Pat) 9:30-10:30 a.m.	NEW TIME Aqua Aerobics (Pat) 9:30-10:30 a.m.		<p>Check Group Fitness APP for schedule updates and other fitness information.</p>  <p>Search CSI Dolphins at the APP store</p> <p>*YOGA Classes Room 1P – 118a</p>  <p>All other classes held in Sports & Recreation Center 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	<p>Step Aerobics (Rose) 5:30-6:30 p.m. No class 9/7 & 9/14*</p> <p>Body Sculpt (Rose) 6:30-7:15 p.m. No class 9/7 & 9/14*</p>	<p>NEW DAY ZUMBA! (Christine) 5:30 – 6:30 p.m. No class 9/8 & 9/15*</p>	<p>NEW DAY Tone and Stretch (Ann) 5:30 – 6:30 p.m. No class 9/9 & 9/16*</p> <p>SHE'S BACK! Pilates Style Mat Workout (Kathy) 6:30 – 7:30 p.m. No class 9/9 & 9/16*</p>	<p>NEW CLASS & NEW INSTRUCTOR ZUMBA! (Renee) 5:30 – 6:30 p.m. No class 9/10 & 9/17*</p>			
Evening Yoga		Yoga* (Donna) 5:15 – 6:30 p.m. Room 1P-118a	Yoga* (Isabelle) 5:15 – 6:30 p.m. Room 1P-118a	NEW INSTRUCTOR Yoga* (MaryJeanne) 5:15 – 6:30 p.m. Room 1P-118a			

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.