



GROUP FITNESS SCHEDULE

OCTOBER 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>Not sure where to begin? Contact marianne.mclaughlin@csi.cuny.edu for help getting started.</p>					Step Aerobics (Diane) 9-9:45 a.m. Weight Training on the Ball (Diane) 9:45-10:30 a.m.	Aqua Aerobics (Pat) 10-11 10/25 only
Early morning	Aqua Aerobics (Pat) 9:30-10:30 a.m. No class 10/12		Aqua Aerobics (Pat) 9:30-10:30 a.m.	Aqua Aerobics (Pat) 9:30-10:30 a.m.		<div style="border: 1px solid black; padding: 5px;"> <p align="center">Check Group Fitness APP for schedule updates and other fitness information.</p>  <p align="center">Search CSI Dolphins at the APP store</p> </div>	
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. No class 10/12 Body Sculpt (Rose) 6:30-7:15 p.m. No class 10/12	ZUMBA! (Christine) 5:30 – 6:30 p.m.	Tone and Stretch (Ann) 5:30 – 6:30 p.m. Pilates Style Mat Workout (Kathy) 6:30 – 7:30 p.m.	ZUMBA! (Renee) 5:30 – 6:30 p.m.		<div style="border: 1px solid black; padding: 5px;"> <p align="center">*YOGA Classes Room 1P – 118a</p>  <p align="center">All other classes held in Sports & Recreation Center</p> <p align="center">All classes PG CLUE</p> </div>	
Evening Yoga	NEW DAY Yoga* (Isabelle) 5:15 – 6:30 p.m. Room 1P-118a No class 10/12	Yoga* (Donna) 5:15 – 6:30 p.m. Room 1P-118a No class 10/6 & 10/20		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.