



College of Staten Island
SPORTS & RECREATION CENTER
GROUP FITNESS SCHEDULE

DECEMBER 1-18, 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
	 Not sure where to begin? Contact marianne.mclaughlin@csi.cuny.edu for help getting started.					Step Aerobics (Diane) 9-9:45 a.m. Weight Training on the Ball (Diane) 9:45-10:30 a.m.	No class scheduled for December
	<div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> <p align="center">NEW! Personal / Weight Training Sessions Learn To Use The Weight Room See schedule for classes</p> </div>						
	<div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> <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>						
Early morning	Personal/Weight Training (Mike) 7-8 a.m. 11/30 & 12/7 Aqua Aerobics (Pat) 9:30-10:30 a.m.		Aqua Aerobics (Pat) 9:30-10:30 a.m.	Aqua Aerobics (Pat) 9:30-10:30 a.m.			
Mid-day		Step Aerobics (Rose) 12:30-1:30 p.m. Personal/Weight Training (Donald) 1:30 – 2:30 p.m. 12/1 & 12/8	Body Sculpt (Rose) 12:30-1:30 p.m.	Personal/Weight Training (Donald) 12:30-1:30 p.m. 12/3 & 12/10	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.	ZUMBA! (Christine) 5:30 – 6:30 p.m.	Personal/Weight Training (Mike) 6-7 p.m. 12/2 & 12/9 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.			
Evening Yoga	Yoga* (Isabelle) 5:15 – 6:30 p.m. Room 1P-118a	Yoga* (Donna) 5:15 – 6:30 p.m. Room 1P-118a No class 12/8		Yoga* (MaryJeanne) 5:15 – 6:30 p.m. Room 1P-118a No class 12/10			

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.