



College of Staten Island
SPORTS & RECREATION CENTER
GROUP FITNESS SCHEDULE
JANUARY 2016

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 January
Early morning	Aqua Aerobics (Pat) 9:30-10:30 a.m. No class 1/18		Aqua Aerobics (Pat) 9:30-10:30 a.m.	Aqua Aerobics (Pat) 9:30-10:30 a.m.		*YOGA Classes NEW LOCATION For January Room 1P – 018  All other classes held in Sports & Recreation Center All classes PG CLUE	
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 1/18 Body Sculpt (Rose) 6:30-7:15 p.m. No class 1/18	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.				
Evening Yoga	Yoga* (Isabelle) 5:15–6:30 p.m. Room 1P-018 No class 1/18			Yoga* (MaryJeanne) 5:15–6:30 p.m. Room 1P-018			

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.