



GROUP FITNESS SCHEDULE

APRIL 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.	Aqua Aerobics (Pat) 9 – 10 a.m. 4/24/16 only
Early morning	Personal/Weight Training * CSI students only (Donald) 7:45-8:45 a.m. Aqua Aerobics (Pat) 9 – 10 a.m.		Aqua Aerobics (Pat) 9 – 10 a.m.	Aqua Aerobics (Pat) 9 – 10 a.m.		NEW! Personal / Weight Training Sessions for CSI Students! Learn To Use The Weight Room *See schedule for classes	
Mid-day		Step Aerobics (Rose) 12:30-1:30 p.m. Personal/Weight Training * CSI students only (Donald) 1:30 – 2:30 p.m.	Personal/Weight Training * CSI students only (Donald) 11:30 a.m. -12:30 p.m. Body Sculpt (Rose) 12:30-1:30 p.m.	Personal/Weight Training * CSI students only (Donald) 11 a.m. – 12 p.m. ZUMBA! (Renee) 12:30-1:30 p.m.	Instructor's Choice (Rose) 12:30-1:30 p.m.	 *YOGA Classes NEW LOCATION Room 1P – 018 All other classes held in Sports & Recreation Center	
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.	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	Yoga* (Donna) 5:15 – 6:30 p.m. Room 1P-018 No class 4/19		Yoga* 9 – 10 a.m. (MaryJeanne) 5:15 – 6:30 p.m. Room 1P-018 No class 4/14			

NO ADVANCED SIGN UP REQUIRED TO TAKE CLASSES.

Be sure to bring valid CSI student ID or Sports and Recreation Center membership card/pass to class.

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 with the issue desk to confirm class schedule (982-3134). See reverse side for class descriptions.