

GROUP FITNESS SCHEDULE

JULY & AUGUST 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
	 <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. No class 7/2	Aqua Aerobics (Pat) 9-10 a.m. 7/31 & 8/28 only
Early morning	Aqua Aerobics (Pat) 9-10 a.m. No class 7/4		Aqua Aerobics (Pat) 9-10 a.m.	Aqua Aerobics (Pat) 9-10 a.m.			
Mid-day		Step Aerobics (Rose) 12:30-1:30 p.m.	Body Sculpt (Rose) 12:30-1:30 p.m.				
Evening	Step Aerobics (Rose) 5:30-6:30 p.m. No class 7/4 Body Sculpt (Rose) 6:30-7:15 p.m. No class 7/4	ZUMBA! (Christine) 5:30 – 6:30 p.m.	Tone & Stretch (Ann) 5:30 – 6:30 p.m.				
Evening Yoga	Yoga* (Isabelle) 5:30 – 6:45 p.m. New Location for summer Room 1C-209 No class 7/4	Yoga* (Donna) 5:30 – 6:45 p.m. New Location for summer Room 1C-209		Yoga* (MaryJeanne) 5:30 – 6:45 p.m. New Location for summer Room 1C-209			

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