



**Fall 2018
Classes
Sep. 4th
|
Dec. 6th**

Registration will take place in person at the beginning of the each class. You only need to register once (per class, per semester) after that your name will be on the list for that class.

FREE for current CSI Students. CSI Faculty/Staff & Alumni eligible with PAID SRC Dolphin Card

For more information please contact:
Sal Caruso or Alyson Ocasio
718-982-3276 or 718-982-3135

Basic routines will be demonstrated in the beginning segments of all classes!

Mondays	Tuesdays	Wednesdays	Thursdays	FYI
<u>Power Yoga</u> Donna Scimeca 5:00pm-6:15pm Racquetball Court 3	<u>Body Sculpt</u> Rose Cahill 12:30pm-1:30pm Racquetball Court 1	<u>H.I.R.T</u> Donald Girard 11:30am-12:30pm 1R – Turfed RB Court	<u>H.I.R.T</u> Donald Girard 1:00pm-2:00pm 1R – Turfed RB Court	Sep. 3 – College Closed Sep. 5 – Follow Monday Class Sch.
<u>Step Aerobics</u> Rose Cahill 5:30pm-6:30pm Racquetball Court 1	<u>Gentle Yoga</u> Isabella Dubeau 5:00pm-6:15pm Building 1R–RM 207	<u>Guts & Butts</u> Rose Cahill 12:30pm-1:30pm Racquetball Court 1	<u>Zumba</u> Christine Cusato 5:30pm-6:30pm Racquetball Court 1	Sep. 10-11 – No Classes Sch. Sep. 18-19 – No Classes Sch.
	<u>Zumba</u> Christine Cusato 5:30pm-6:30pm Racquetball Court 1	<u>Pilates</u> Kathy Carbone 5:30pm-6:30pm Racquetball Court 1		Oct. 8 – College Closed Nov. 22-25 – College Closed

Class Descriptions

<u>Zumba</u>	<u>Yoga</u>	<u>Body Sculpt</u>	<u>Step Aerobics</u>	<u>H.I.R.T</u>	<u>Pilates</u>
A dance-inspired cardio workout	Yoga focuses on breathing and posture to restore the body to a more healthful state. Participants will learn to improve their posture, reduce symptoms associated with high blood pressure, allergies, and other physical imbalances.	This class involves the use of resistance (hand held weights, weighted bars and resistance bands) to improve muscular strength and endurance. Try it out. It's a great way to get toned!	Step is a high energy, low impact workout adaptable for all fitness levels. It involves stepping up and down on an adjustable platform that provide a complete workout. It not only shapes, tightens and defines muscles, but also burns fat.	High-Intensity Resistance Training (H.I.R.T) is a mix of cardio and resistance training. Consisting of strength training exercises for a set number of reps or time; while learning to properly perform various skills and basic movement functions. All fitness levels welcome!	This class includes Pilates-style exercises; rings, resistance bands, tubes and resist balls are used to help strengthen and stabilize your torso, build a toned core and build strength throughout the body.
<u>Guts & Butts</u> A class dedicated to toning of your abs and glutes with targeted movements and cardio. It will focus on core strengthening to build muscles and target your quads and hamstrings as well.					

PLEASE NOTE: It can take several classes to begin to feel comfortable with the routines. Feel free to ask your instructor for additional help with the moves! Individuals who do not exercise regularly should check with their physician before starting this or any exercise program. Beginners should participate at their own comfort levels. If you feel out of breath or fatigued, move to a less intense level of exercise. If you feel pain, stop what you are doing immediately. See the instructor to discuss problems you may be having or to have your questions answered.

Group



Fitness