



SPRING 2020
Classes
Feb. 3rd
|
May. 7th

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 Membership

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
H.I.I.T 4:00pm-5:00pm Weight Room <i>Fyras</i>	Absanity 2:30pm-3:00pm RB Court (1R) <i>Rose</i>	H.I.I.T 1:00pm-2:00pm Weight Room <i>Fyras</i>	Zumba 3:00pm-4:00pm RB Court (1R) <i>Natalia</i>	No Intra-FIT Classes <i>2/12 – Lincoln’s BDay</i> <i>2/17 – Presidents’ Day</i> <i>4/8-4/16 – Spring Recess</i>
Guts & Butts 5:00pm-6:00pm RB Court (1R) <i>Rose</i>	**Cardio SPORT 3:00pm-4:00pm RB Court (1R) <i>TBA</i>	Guts & Butts 2:30pm-3:30pm RB Court (1R) <i>Rose</i>	Absanity 4:00pm-4:30pm RB Court (1R) <i>Fyras</i>	**Start Date TBA <i>Check CIX Email</i> <i>Final Exams: 5/15-5/22</i>
Yoga 6:00pm-7:00pm 1R-207 <i>Isabella</i>	Zumba 5:30pm-6:30pm RB Court (1R) <i>Christine</i>	Yoga 5:00pm-6:00pm 1R-207 <i>Donna</i>	**Cardio SPORT 5:00pm-6:00pm RB Court (1R) <i>TBA</i>	

Class Descriptions

<u>Guts & Butts</u>	<u>Yoga</u>	<u>Cardio SPORT</u>	<u>Zumba</u>	<u>H.I.I.T</u>	<u>Absanity</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.	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.	If you love sports, THIS is the exercise program for you! Makes you feel like you are back in the game! Cardio SPORT classes will improve your cardiovascular, strength and agility, making your body a comprehensively trained, efficient unit that feels amazing!	A dance-inspired cardio workout by various rhythms and dancing styles. A combination of fast and slow dance moves that tone and sculpt the body. Just move your body and let the music lead you!	High-Intensity Interval Training (H.I.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!	Similar to that of the famous “insanity” workout; Absanity will strictly focus on your abdomen using max interval training exercises all in 30 minutes!

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.

CSI Group Fitness – Get Fit, Stay Fit