



August Classes 2017

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.
VALID CSI OR MEMBERSHIP ID REQUIRED

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	Fridays
<u>Aqua Aerobics</u> Pat Mahoney 9:00am-10:00am Pool			<u>Aqua Aerobics</u> Pat Mahoney 9:00am-10:00am Pool	College Closed
	<u>Body Sculpt</u> Rose Cahill 12:30pm-1:30pm Racquetball Court 1	<u>Instructor's Choice</u> Rose Cahill 12:30pm-1:30pm Racquetball Court 1		Summer Fridays
<u>Step Aerobics</u> Rose Cahill 5:30pm-6:30pm Racquetball Court 1	<u>Yoga</u> Isabella Dubeau 5:15pm-6:30pm Building 1P-RM 018	<u>Pilates</u> Kathy Carbone 5:30pm-6:30pm Racquetball Court 1	<u>Zumba</u> Natalia Frazcek 5:30pm-6:30pm Racquetball Court 1	Until September

Class Descriptions

<u>Zumba</u>	<u>Yoga</u>	<u>Body Sculpt</u>	<u>Step Aerobics</u>	<u>Aqua Aerobics</u>	<u>Pilates</u>
This dance-inspired cardio Intra-Fit class will have your body moving in fun and exhilarating ways to music sounds like salsa, meringue, hip-hop and more! All fitness levels welcome!	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.	A great way to work out in the pool! Use the water to create resistance to improve your cardiovascular fitness, strength and endurance. Great for people of all fitness levels! Swimming skills are not required.	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.

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