



Complimentary Group Exercise Classes for Members

JANUARY 2013

CLASS DESCRIPTIONS

IRON YOGA: This class offers the benefits of yoga while utilizing light-weight dumbbells to increase muscular strength and endurance. Improve your muscle tone and flexibility with this challenging class.

PILATES: Exercises based on the teachings of Joseph Pilates. These are a series of stretching and strengthening exercises which develop abdominal and back strength, help alignment and increase flexibility. For beginner to intermediate levels.

ROCK SOLID: Working all muscle groups with a variety of strengthening and conditioning exercises. Bursts of cardio will be added to increase your workout.

TREADMILL TRAINING: Intense cardio workout utilizing the incline and MPH on the treadmill.

YOGA: Yoga uses breathing to release tension and improve awareness. Slow postures and upbeat movement work on strength, flexibility, balance and relaxation.

YOGA FLOW helps to increase strength, flexibility and muscle tone to bring balance to the body and mind while actively moving through a sequential flow of postures, coupled with breath work and meditation. It's a complete mind-body experience.

ZUMBA: A dance-based aerobic fitness workout... fun and fitness rolled into one!

	Kings Park	Lynbrook	Quogue	Syosset
M O N		TREADMILL TRAINING 9:00 - 9:50 am		
T U E	YOGA 10:15 - 11:15 am		ZUMBA 5:30 - 6:30 pm	YOGA / PILATES 6:00 - 7:00 pm
W E D	CYCLE 7:30 - 8:30 pm	ROCK SOLID 8:00 - 8:50 pm		
T H U				YOGA / PILATES 5:00 - 6:00 pm
F R I			IRON YOGA 8:00 - 9:00 am	
S A T				
S U N		YOGA FLOW 10:25 - 11:20 am		