

# Nassau County Aquatic Center

## Nassau County Employee Fitness Classes

### 2009-10 Winter Session Class Information

Twelve classes offered during the week:

- Mondays 1:15-1:45 pm: "Core & Stretch", \$30.00
- Mondays 5:30-6:15 pm: Spinning, \$60.00 (No discount)
- Tuesdays 7:15 am-8:15 am: Swim Fit class, \$55.00 (No discount)
- Tuesdays 12:15-12:45 pm: Instructor's Choice Class, \$30.00
- Tuesdays 1:15-1:45 pm: Instructor's Choice Class, \$30.00
- Tuesdays 5:30-6:15 pm: Spinning, \$60.00 (No discount)
- Wednesdays 1:15-1:45 pm: "Core & Stretch", \$30.00
- Wednesdays 5:10-5:50 pm: Instructor's Choice Class, \$30.00
- Thursdays 12:15-12:45 pm: Instructor's Choice Class, \$21.00
- Thursdays 1:15-1:45 pm: Instructor's Choice Class, \$21.00
- Thursdays 5:10-5:50 pm: Weight Room Fundamentals, \$21.00
- Thursdays 5:30-6:30 pm: Yoga, \$42.00 (No discount)

Note: The "INSTRUCTOR'S CHOICE" are classes in which the instructor picks the type of exercise that will be done each week – it's not a set class, it's a mixed-bag class.

#### Registration Information:

- Employees DO NOT need a leisure pass, but they MUST have their Nassau County employee ID to sign up.
- Registration starts Monday, Nov. 9<sup>th</sup> at 9 am for returning participants from the Fall session and Sunday, Nov. 15<sup>th</sup> at 7 am for newcomers.
- Registration is first come, first serve and must be done in person.
- Cash, check, Visa or Master Card accepted.

#### Class Dates:

<b>Monday</b>	Starts: 11/23 - Last Class: 1/25	10 Straight weeks
<b>Tuesday</b>	Starts: 11/24 - Last Class: 1/26	10 Straight weeks
<b>Wednesday</b>	Starts: 11/25 - Last Class: 1/27	10 Straight weeks
<b>Thursday</b>	Starts: 12/3 - Last Class: 1/28	No Class: 11/26, 12/24, 12/31

Discounts offered for taking multiple classes (excludes Swim Fit, Spinning & Yoga):

<u>Discounts</u>	<u>½ Hour Fitness Classes</u>
2 classes per session	\$5.00 discount (off total)
3 classes per session	\$10.00 discount (off total)
4 classes per session	\$15.00 discount (off total)

**ALL SCHEDULES ARE SUBJECT TO CHANGE**

