



FITNESS SCHEDULE

WINTER 2023



All Levels



Entry



Intermediate



Advanced

CALL 631-593-8335 TO SIGN UP FOR CLASS

MONDAY

9:00 am	Supervised Fitness till 2:00 pm	Fitness Staff	Gym	
9:00 am	Aquacize (8:30 on Town Hall Days)	Jack	Pool	
9:30 am	Tai Chi	Sarah	Fitness Studio	
10:00 am	Supervised Swim	Jack	Pool	
10:00 am	“Stay Vertical” Balance Therapy	Sarah	Fitness Studio	
11:00 am	Chair Assisted Yoga	Sarah	Fitness Studio	
12:30 pm	Mobility / Gym Orientation (<i>by appointment only</i>)	Laurie	Fitness Studio	
2:00 pm	Shadow Box	Jack	Fitness Studio	NEW
4:00 pm	Supervised Swim	Jack	Pool	NEW

TUESDAY

9:00 am	Supervised Swim till 11:00 am	Jack	Pool	
9:30 am	Circuit	Laurie	Gym / Fitness Studio	
10:00 am	20 Minute Salutation Meditation ends (1/24/23)	Mike / Jack	A Place Apart	
11:00 am	Short & Sassy Strength Training	Laurie	Fitness Studio	
12:00 pm	Meditative Chair Yoga	Jack	A Place Apart	
12:30 pm	Mobility Review / Gym Orientation (<i>appointments only</i>)	Laurie	Fitness Studio	
4:00 pm	Supervised Swim	Jack	Pool	NEW
4:30 pm	20 Minute Meditation (till 1/24/23)	Mike	A Place Apart	

WEDNESDAY

10:30 am	Supervised Fitness till 2:00 pm	Fitness Staff	Gym	
9:00 am	Aquacize	Jack	Pool	
9:30 am	Strength, Mobility & Stretch	Laurie	Fitness Studio	
10:00 am	Supervised Swim	Jack	Pool	
10:30 am	Pilates - Barre Fusion	Sarah	Fitness Studio	
11:30 am	Chair Yoga Basics	Sarah	Fitness Studio	
1:30 pm	Intermediate Floor Yoga	Jack	Fitness Studio	NEW
4:00 pm	Supervised Swim	Jack	Pool	

THURSDAY

9:00 am	Supervised Swim till 11:00 am	Jack	Pool	
9:30 am	Circuit / Aerobic Dance (1/2 hr each)	Laurie	Gym / Fitness Studio	NEW
11:00 am	Short ‘n Sassy Strength Training	Laurie	Fitness Studio	
12:30 pm	Mobility Review / Gym Orientation (<i>appointments only</i>)	Laurie	Fitness Studio	
3:00 pm	Meditative Chair Yoga	Jack	Fitness Studio	
4:00 pm	Supervised Swim	Jack	Pool	NEW

FRIDAY

9:00 am	Supervised Fitness till 2:00 pm	Jack / John	Gym	
9:30 am	Indoor Campus Walk	Jack	Meet in Main Lobby	NEW
10:00 am	“Stay Vertical” Balance Therapy	John	Fitness Studio	
11:00 am	Supervised Swim	Jack	Pool	
1:00 pm	Ping Pong	Jack	2nd Floor Game Room	NEW
3:00 pm	Afternoon Stretch	John	Studio	NEW
4:00 pm	Supervised Swim	John	Pool	NEW

SATURDAY

10:00 am	Indoor Pickle Ball (starting 1/7/22)	Jack	Studio	NEW
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All Class, Pool and Gym Participants are required to Screen In at Fitness Lobby

CLASS DESCRIPTIONS

Please call the Fitness Center For Class, Gym and Pool Reservations. 631-593-8335



Fitness

Supervisor

Jack Volinski

“Stay Vertical” / Balance Therapy– ALL LEVELS

Maintain a vibrant lifestyle with exercises that strengthen and stabilize the muscles needed to remain upright. Improve alignment and practice balance while sitting, standing and walking to help prevent falls.

Strength, Mobility & Stretch– ADVANCED

A standing based workout designed to strengthen core, arms & legs using dumbbells, bands, tubing & balls as well as a mat for floor work. Class ends with static stretching to increase overall flexibility. **BRING YOUR OWN MAT**

Aquacize– ALL LEVELS

Functional movements in the pool to increase mobility, range of motion and strength.

Short n’ Sassy Strength– INTERMEDIATE

A chair based workout geared to increase strength and muscle endurance of your core and extremities. Work to improve your posture & coordination while moving to specific tempos with use of gliding disc, dumbbells, balls and bands. Class ends with 10 minutes of stretch/relaxation.

Cardio/Strength Circuit- INTERMEDIATE

A blend of cardio, strength, balance and aerobic training moving from station to station. Thursday’s we split the class 1/2 circuit & 1/2 of aerobic dance.

Shadow Box– ALL LEVELS

This full body workout will enhance muscle memory, balance, strength and endurance.

Chair Assisted Yoga- INTERMEDIATE

Designed to bring flexibility, balance and strength to the physical body as well as mental clarity by connecting movement and breath. More of a traditional yoga practice with standing postures and mat asana, using a chair for transitions. **BRING YOUR OWN MAT**

Chair Yoga Basics- ENTRY **NEW**

Improve posture, balance and flexibility while relieving stress. Finish with breath work guided imagery and mindful meditation. Leave feeling refreshed! Seated and standing poses with the support of chair or barre.

Meditative Chair Yoga Basics- ENTRY

Class begins with a 10 minute meditation followed by a seated yoga practice for students to explore versions of twists, hip openers and backbends.

Intermediate Floor Yoga- INTERMEDIATE

Traditional floor based yoga practice to develop strength and flexibility as you flow through traditional yoga poses. **BRING YOUR OWN MAT**

Pilate—Barre Fusion- INTERMEDIATE

Incorporating traditional Barre exercises from ballet and modern dance fused with Pilates style mat work, this class is designed to create long lean muscle while focusing on core and alignment for optimal strength and S-t-r-e-t-c-h. **BRING YOUR OWN MAT**

Tai Chi- ALL LEVELS **NEW**

Cultivate Chi (life force) with slow gentle movement, breath awareness and focus on the mind body connection. This practice is done standing and is beneficial for balance, arthritis, chronic pain hyper-tension, high blood pressure and overall well being.

Afternoon Stretch- ALL LEVELS

Treat yourself to functional movements to improve flexibility and range of motion from the head down to the toes.

Ping Pong – ALL LEVELS

Classic American Table Tennis.

Indoor Pickle Ball – ALL LEVELS

Keep your Pickle Ball skills sharp over the winter with this fun indoor court.

Below is the Class Schedule Broadcasted on PLTV 592, also listed in Arts & Leisure

Start with Stretch- ALL LEVELS

Working from the head down to the feet, we will work through some range of motion exercises & stretches to improve our functional mobility.

Short n’ Sassy Aerobics- INTERMEDIATE

The 35 minute class is geared to increase your aerobic capacity, (heart-lung efficiency,) muscle endurance and end with a stretch of relaxation. No strength or resistance work involved.

Energizing Aerobics Plus Strength- ADVANCED

Start with a 1/2 hour of low impact dance based aerobics followed by a standing stretch. Plus 1/2 hour of strength activity with standing and floor work followed by seating and lying stretches.

Power Hour- INTERMEDIATE

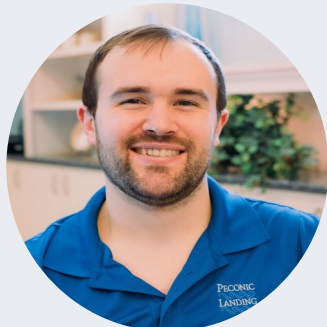
Power up your morning while we work on strength and endurance!

Pilates - ALL LEVELS

S-T-R-E-T-C-H, lengthen and tone on a mat. Pilates exercises designed to create long lean muscle while focusing on the core & back .

Chair Yoga Basics- ENTRY

Improve posture, balance and flexibility while relieving stress.



John Feldman



Sarah Williams



Laurie Short