



Peconic Landing Wellness Program

■ Entry Level
 ■ Intermediate Level
 ■ Advanced Level
 ■ All Levels

Monday

Time	Class	Instructor	Room	Level
9:00 am	Restorative Aquacize	Libby & Carol	Pool	
9:00 am	“Stay Vertical “ / Balance Therapy	Sarah	Fitness Studio	
10:00 am	Outdoor Campus Walk	Libby	Meet in Fitness Lounge	NEW
10:00 am	Supervised Swim	Carol	Pool	
10:00 am	Pilates (Stretch & Tone with Style)	Sarah	Fitness Studio	
11:00 am	Harbor North / Harbor South Swim	Libby & Carol	Pool	NEW
11:00 am	Effortless Movement (11:15 am on Town Hall Days)	Carmine	Fitness Studio	
11:00 am	Supervised Fitness	Laurie	Gym	
11:00 am	Brain Busters in The Bistro	Sarah	Bistro	
12:00 pm	Supervised Fitness	Carmine	Gym	
2:00 pm	Supervised Swim	Betty & Doris	Pool	
2:30 pm	Men’s Forum	Carmine	Education Center	



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Tuesday

Time	Class	Instructor	Room	Level
9:00 am	Yoga for Everybody	Beverly	Fitness Studio	Entry Level
9:00 am	Guided Meditation (relax & renew)	Amy	A Place Apart	All Levels
10:00 am	Breath & Stretch	Amy	A Place Apart	All Levels
10:00 am	Energizing Aerobics & Strength	Laurie	Fitness Studio	Advanced Level
11:00 am	Supervised Swim	Carmine	Pool	All Levels
11:00 am	Relaxation Touch (calm & destress)	Beverly	A Place Apart	All Levels
11:15 am	Sit and Be Fit	Laurie	Fitness Studio	Intermediate Level
1:00 pm	Bocce	Libby	Bocce Court	NEW
1:00 pm	Supervised Fitness	Laurie	Gym	All Levels



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Wednesday

Time	Class	Instructor	Room	Level
9:00 am	Aqua Circuit	Libby & Carol	Pool	NEW
9:00 am	Gentle Tai Chi (Rejoice the Soul)	Amy	Fitness Studio	
10:00 am	Supervised Swim	Libby	Pool	
10:00 am	Transformative Yoga	Amy	Fitness Studio	
11:00 am	Harbor North/Harbor South Swim	Libby & Carol	Pool	NEW
11:15 am	Effortless Movement	Carmine	Fitness Studio	
12:30 pm	Harbor North / Harbor South Supervised Fitness	Carol	Gym	
1:00 pm	Supervised Fitness	Carmine	Gym	
2:30 pm	Post-Rehab Fitness <i>(By Appointment Only)</i>	Carmine	Fitness Desk	



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Thursday

Time	Class	Instructor	Room	Level
10:00 am	Aqua Zumba	Carol & Carmine	Pool	NEW
10:00 am	Energizing Aerobics & Strength	Laurie	Fitness Studio	
11:00 am	Relaxation Touch (calm & destress)	Beverly	A Place Apart	
11:00 am	Supervised Fitness	Libby	Gym	
11:15 am	Sit and Be Fit	Laurie	Fitness Studio	
1:00 pm	Walk to Flow	Amy & Libby	Meet in Fitness Lounge	NEW
1:00 pm	Effortless Movement (30 Minutes)	Carmine	Studio	
1:30 pm	Wellness Chat	Carmine	Studio	
2:00 pm	Zumba Chair w/ Toning	Carol	Studio	NEW
2:00 pm	Supervised Swim	Betty & Doris	Pool	



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Friday

Time	Class	Instructor	Room	Level
9:00 am	Restorative Aquacize	Carmine & Carol	Pool	■
9:30 am	Campus Walkers/ Local Hikers Group	Laurie	Meet in Main Lobby	■
10:00 am	“Stay Vertical “ / Balance Therapy	Sarah	Fitness Studio	■
10:00 am	Supervised Swim	Carol	Pool	■
11:00 am	Brain Busters in The Bistro	Sarah	Bistro	■
11:00 am	Relaxation Touch (calm & destress)	Beverly	A Place Apart	■
11:15 am	Short N’ Sassy	Laurie	Fitness Studio	■
12:00 pm	Supervised Fitness	Carmine	Gym	■
1:00 pm	Croquet (starts June 9 th)	Carol	Meet in Fitness Lobby	New

Class Descriptions Summer 2017

Effective June 1, 2017

Effortless Movement through Body Weight – Entry Level

No equipment or prior training required. Simple, effective, primarily chair based exercises to increase strength and flexibility with the goal of making everyday life activities easier, thereby improving the quality of life.

Bocce– All Levels

Fun and easy to do! Join us on our brand NEW court located outside the East Apartment building. *Weather permitting*

Croquet– All Levels

Join us for fun behind historic Brecknock Hall and play this classic lawn game!

Wellness Chats– All Levels

Join the discussion on the topic of week.

Energizing Aerobics Plus Strength – Advanced Level

Increase your longevity with a cardio effort, a muscle and stretching endeavor all done to the tempo and sounds of music from your past. You will stand and move as well as use mats for floor work.

Sit and Be Fit – Intermediate Level

A musical activity adventure that addresses aerobic capacity, strength and flexibility training, all while seated in a chair.



LAURIE

Campus Walkers/Local Hikers Group– Intermediate Level

A weekly outdoor walk that meets on campus or at a local hiking trail. Hikes occur every 2 weeks from April through November; inclement weather and winter keeps us indoors. This is a great way to meet other residents and explore the community.

Short n' Sassy – Intermediate Level

This is the 35 minute version of *Sit and Be Fit*. The goal is to increase your aerobic capacity, (heart-lung efficiency,) muscle endurance and flexibility. No muscle strength or resistance work involved.

Supervised Fitness– All Levels

Visit the fitness center to become familiar with the use of the cardio machines, i.e. treadmill, bicycles, and NU Step, as well as the strength machines, i.e. dumbbells, weighted bars, elastic bands and resistance tubing. We can help you design and implement an individualized program to follow 2-3 times per week at your own pace and on your own schedule.

Supervised Swim– All Levels

Pool is open, come on in!

“Stay Vertical” / Balance Therapy – Intermediate Level

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.

Pilates Style Stretch and Tone – Entry Level

S-T-R-E-T-C-H, lengthen and tone on a mat or in a chair. Pilates exercises designed to create long, lean muscle while focusing on the abdomen and back for optimal mobility and core strength for balance.

Brain Fitness– All Levels

Fun and challenging class to improve your cognitive functions.



CARMINE

Aqua Zumba – Entry Level

The perfect class to get loose and move your hips! Using the natural resistance of water you will tone and condition your body while keeping the stress out of your joints. Come and join the pool party!

Chair Zumba with Toning– All Levels

Easy to follow choreography focuses on mind-body coordination, range of motion and strength all while working to Latin Rhythms and using weighted shakers. FUN, FUN, FUN!



CAROL

Outdoor Campus Walk– Entry Level

Enjoy the fresh, salty air as we walk through Peconic Landing's very own outdoor gym!

Aqua Circuit– Entry Level

There is nothing "short" in this new circuit pool class! Classic circuit training module is now pool side. This energetic class will help develop strength, endurance and flexibility.



LIBBY

Restorative Aquacize– All Levels

Explore your inner dolphin!

Walk to Flow – All Levels

Join Amy and Libby as they bring you through an outdoor journey that will stimulate your mind body and soul. This short walk will guide us to Mother Nature's most peaceful place.



AMY

Breathe and Stretch to the Dance of Life – Intermediate Level

Connects movement with breath while being aware of any injuries with the body. Brings awareness to soul. Come and share the dance of life.

Transformative Yoga – Advanced Level

A class designed to bring flexibility, balance and strength to the physical body as well as mental clarity. Through the connection of movement and breath, this class will promote healthy joints, flexible spine and overall wellness.

Guided Meditation for Calm and Ease – Entry Level

In this session we quiet the mind and relax the physical through a guided meditation journey. Get ready to experience the day with a sense of ease and clarity.

Gentle Tai Chi to Rejoice the Soul – Entry Level

Move freely through specially designed flowing movements to feel a gentle release of stress. Improves balance, reduced joint inflammation and rejoices the soul!



BEVERLY

Yoga for every body – Entry Level

Improve posture, balance and flexibility while relieving stress. Leave feeling refreshed!

Experience the Calm of Relaxation Touch –Entry Level

Allow a gentle massage of tense muscles to increase blood flow and reduce discomfort.