



FITNESS SCHEDULE

Spring 2024

All Levels
 Entry
 Intermediate
 Advanced

Gym Orientation & 1 on 1 Training by Appointment Only Call Fitness Dept. 631-593-8335

MONDAY

9:15am	Aquacize	Libby	Pool	
9:30 am	Tai Chi	Sarah	Fitness Studio	
10:15am	Supervised Swim til 11:15	Libby	Pool	
10:00 am	Upward Mobility	Sarah	Fitness Studio	
11:00 am	Yoga	Sarah	Fitness Studio	
2:00 pm	Campus Walk	Jack	Meet at Fitness Studio	NEW
4:00 pm	Supervised Swim	Staff	Pool	

TUESDAY

9:00 am	Supervised Swim till 11:00 am	Libby	Pool	
9:30 am	Strength, Mobility, Stretch	Jack	Gym / Fitness Studio	NEW
11:15 am	Energizing Strength Training	Christa	Fitness Studio	NEW
2:00pm	Outdoor Campus Activities	Christa	Meet at Fitness Desk	NEW
4:00 pm	Supervised Swim (1 hour)	Staff	Pool	

WEDNESDAY

9:15 am	Aquacize	Libby	Pool	
9:30 am	Studio 1500	Sarah	Fitness Studio	NEW
10:15 am	Supervised Swim	Libby	Pool	
10:30 am	Core Fusion Mat	Sarah	Fitness Studio	NEW
11:30 am	Chair Yoga	Sarah	Fitness Studio	
1:00 pm	Strolling the Campus	Jack	Meet At Fitness Lobby	NEW
4:00 pm	Supervised Swim (1 Hour)	Staff	Pool	

THURSDAY

9:00 am	Supervised Swim till 11:00 am	Staff	Pool	
9:30 am	Strength, Mobility, Stretch	Jack	Gym / Fitness Studio	NEW
11:15 am	Energizing Strength Training	Christa	Fitness Studio	
4:00 pm	Supervised Swim (1 hour)	Staff	Pool	

FRIDAY

9:30 am	Shadow Boxing	Jack	Fitness Studio	NEW
10:00 am	"Upward Mobility	Jack	Fitness Studio	NEW
11:00 am	Supervised Swim	Jack	Pool	
4:00 pm	Supervised Swim (1 hour)	Staff	Pool	

SATURDAY

9:30am	<i>Strength & Balance</i>	Jane	Fitness studio	NEW
10:30am	<i>Cardio Mix</i>	Jane	Fitness Studio	NEW 11
12:00 pm	Pickle Ball	Jack	Pickleball Court	NEW