

CLASS	DAY	TIME	DATES	FEE
HEALTHY AGING				
Aqua Aerobics	M, T, W, TH, F	9:00-10:00am	3/1-5/31	M FREE
	M & TH	7:30-8:30pm	(fee per class)	NM \$5
Aquatic Exercise For Individuals With Arthritis	F	10:15-11:15am	3/1-5/31 (per month / fee varies)	Inquire Aquatics
Tai Chi Regina Russo	M / W	10:15-11:15am	3/4-5/29	M FREE
Stretch and Strengthen Instructor from Metro Physical & Aquatic Therapy	M	11:00-12:00pm	3/4, 3/18, 4/1, 4/15, 5/6, 5/20	FREE
Senior Shape-Up (10 sessions)	M (Ann) W,TH (Laura)	11:00-12:00pm	3/4-5/20 3/6-5/30	M FREE Chai \$32 NM \$64
Group Meditation Anju Jain (Registration required / 6 week session)	T	10:15-11:00am	Session 1) 4/2, 4/9, 4/16, 4/23, 4/30, 5/7 Session 2) 5/14, 5/21, 5/28, 6/4, 6/11, 6/18 (2) 6 Class Sessions Available	M FREE
Chair Yoga Diana Dantuono	T	11:00-12:00pm	3/5-5/28	FREE
Individual Reiki Sessions Teena Hawkins, Reiki Master	T	11:00-1:00pm (3 / 30 min session)	Contact Fitness For Dates (631) 462-9800 x132	M \$15 (By Appt Only)
Sit and Fit	W (Ann)	11:00-12:00pm	3/6-5/29	FREE
Silver Sneakers Instructor from Metro Physical & Aquatic Therapy	F	11:00-12:00pm	3/1-5/31	FREE
Blood Pressure Screenings Nurse from Gurwin Jewish	W	11:00-12:00pm	3/13, 4/10, 5/8	FREE