



ASTORIA AQUATIC CENTER DRY LAND FITNESS CLASSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM			Circuit Training		Vinyasa Yoga	
8:30AM	Cycling				Cycling	Kick Boxing
9:30AM						Vinyasa Yoga
11:00AM		Pilates	Vinyasa Yoga <i>(11:30- 12:15)</i>	Pilates		
12:00PM		Kick Boxing		Kick Boxing		

All Classes are 50 Minutes



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CIRCUIT TRAINING

This class is ideal for students wanting to learn proper technique and form with the various equipment in the weight room while also incorporating a cardio workout. Participants will get an full body workout utilizing free weights and machines with coaching and tips from the instructor.

CYCLING

Group exercise on stationary bikes. You'll travel on flat roads, climb hills, sprint, and race on a simulated bike ride, truly a fantastic cardiovascular class!

KICKBOXING

A strong cardio workout with elements of various martial arts and boxing. The class utilizes elements of karate in conjunction with kicking and punching, providing an awesome full-body workout.

PILATES-INSPIRED CLASS FOR BEGINNERS

Using traditional and nontraditional Pilates movements, emphasizing spinal alignment, breathing, and developing a strong core. Walk taller and feel stronger!

VINYASA YOGA CLASSES

All fitness levels welcome. Instructor will lead a class utilizing components of intermediate Yoga while offering modifications as needed for beginners.

BEGINNER VINYASA* YOGA

Class is slower paced, and focuses on developing safe alignment, fundamental core strength, and breath in primary poses. All Fitness Levels are welcome.

INTERMEDIATE VINYASA* YOGA

This Yoga class will move through a Vinyasa* Flow Sequence including beginner, and intermediate poses. Students will be given modifications as needed. Appropriate for all levels of Yoga Practitioners.

***Vinyasa is a smooth transition between Asanas (Postures), paired with breath.**