

**You must wear your CLLD ID bracelet at all times.**

Day	Class	Location	Instructor	Time
MONDAY	THE NEW BIOLOGY OF ANTI-AGING	President's Room 9/19-11/21	Izzy	11:00-12:00PM
	SWIM TO ISRAEL	Indoor Pool	Carla	11:30-12:30PM
	LITE BODY PUMP	Fitness Studio	Noreen	11:30-12:30PM
	NUTRITION IN THE KITCHEN	Social Hall	Lisa	12:30-1:30PM
	Core Yoga	Fitness Studio	Carolyn	12:30-1:30PM
	CARDIO CIRCUIT	Fitness Center	Carla	1:30-2:30PM
	SCHVITZ IT UP	Fitness Studio	Karen	1:30-2:30PM
	POCKET BILLIARDS	Arts and Crafts	Andrew	1:30-2:30PM
	POCKET BILLIARDS	Arts and Crafts	Andrew	2:30-3:30PM
	CHAIR YOGA	Media Room	Carolyn	2:00-3:00PM
	GENTLE ZUMBA	Fitness Studio	Dina	2:30-3:30PM
	MATTER OF BALANCE	Social Hall	Lisa & Janice	2:30-4:30PM
	TUESDAY	MEN'S CARD TOURNAMENT	Media Room	Janice
S.A.I.L		Fitness Studio	Deborah	1:00-2:00PM
XBOX BOWLING LEAGUE		Arts and Crafts	Carla	1:00-2:30PM
WALK WITH EASE		Outdoors	Lisa	1:30-2:30PM
ZUMBA GOLD		Fitness Studio	Deborah	2:00-3:00PM
SWIM TO ISRAEL		Indoor Pool	Carla	2:00-3:00PM
STRENGTH TRAINING CIRCUIT		Fitness Center	Carla	3:00-4:00PM
CHAIR YOGA		Social Hall	Lisa	3:00-4:00PM
PINK PROGRAM		Fitness Studio	Janice	5:00-6:00PM
WEDNESDAY	NEW YORK ROAD RUNNERS	Fitness Studio & Outdoors	Ben	12:00-1:00PM
	BEGINNER PILATES	Fitness Studio	Lina	12:00-1:00PM
	CHAIR YOGA	Media Room	Carolyn	12:30-1:30PM
	NUTRITION IN THE KITCHEN	Social Hall	Lisa	12:30-1:30PM
	CARDIO & TONING	Fitness Center	Lina	1:00-2:00PM
	SCHVITZ IT UP	Fitness Studio	Karen	1:00-2:00PM
	SWIM TO ISRAEL	Indoor Pool	Carla	2:00-3:00PM
	SPIRITUAL STRETCHING	Fitness Studio	Carolyn	2:00-3:00PM
	HEALING GUIDED MEDITATION	President's Room	Carolyn	3:00-4:00PM
THURSDAY	INTERNAL EXERCISE	Ensemble Room #1	Arthur	12:00-1:00PM
	DIABETES PREVENTION PROGRAM	Ensemble Room #1	Lucille	1:00-2:00PM
	CHAIR YOGA	Media Room	Andy	12:00-1:00PM
	PUMP-N-BURN	Fitness Studio	Deborah	12:30-1:30PM
	S.A.I.L	Fitness Studio	Deborah	1:30-2:30PM
	GENTLE YOGA	Arts & Crafts Room	Rita	1:30-2:30PM
	YOGA FIT	Fitness Studio	Rita	2:30-3:30PM
	SWIM TO ISRAEL	Indoor Pool	Carla	2:30-3:30PM
	PINK PROGRAM	Fitness Studio	Janice	5:00-6:00PM
FRIDAY	MAH JONG TOURNAMENT	Media Room	Janice	9:00-12:00PM
	NUTRITION IN THE KITCHEN	Social Hall	Lisa	11:30-12:30PM
	TABLE TENNIS TOURNAMENT	2nd Floor Gym	Abe	11:30-12:30PM
	TABLE TENNIS TOURNAMENT	2nd Floor Gym	Abe	12:30-1:30PM
	GENTLE ZUMBA	Fitness Studio	Dina	12:30-1:30PM
	CARDIO CIRCUIT	Fitness Center	Carla	12:30-1:30PM
	HEALING GUIDED MEDITATION	Media Room	Isabelle	12:30-1:30PM
	SWIM TO ISRAEL	Indoor Pool	Carla	1:00-2:00PM
	CHAIR YOGA	Media Room	Isabelle	1:30-2:30PM



**CLLD Sports & Wellness Schedule**

August 29th-December 30, 2016  
 Classes subject to change.  
 Please check emails for occasional updates.



**\*CLLD participants are not permitted to use outdoor pool, towel services, hot tub, sauna, steam room. Indoor pool and locker rooms are only accessible during designated CLLD swim classes.\***