



MAY 2024: THE POOL @ 331

331 East 70th Street (near 1st Avenue) on the Lower Level

All locations are closed and all classes are cancelled on **Monday, May 27th** in observance of **Memorial Day**.

SUNDAY

8:30-10:00
Morning Lap Swim

10:15-11:00
Watercize: All Levels
with *Elias*

11:00-11:45
Free Swim Session 1

11:45-12:30
Water Games

12:30-1:15
Free Swim Session 2

1:30-2:30
(NO SESSION 5/26)
Afternoon Lap Swim
*Last admission is 2 p.m. Locker room closes at 2:55 p.m. Members must exit by that time.

MONDAY

CLOSED 5/27

8:00-9:00
Morning Lap Swim

12:00-1:00
Free Swim Session 1

1:00-1:45
Water Games

1:45-3:30
Free Swim Session 2

4:00-5:30
Afternoon Lap Swim
*Last admission is 5 p.m.

TUESDAY

8:00-9:00
Morning Lap Swim

12:15-1:00
Watercize: Plus
with *Josh*

1:00-1:45
Watercize: Basic
with *Josh*

1:45-2:30
Floating Meditation

2:30-3:30
Free Swim Session 1

4:00-5:30
Afternoon Lap Swim
*Last admission is 5 p.m.

WEDNESDAY

8:00-9:00
(NO SESSION 5/15)
Morning Lap Swim

12:00-1:00
Free Swim Session 1

1:00-1:45
Watercize: All Levels
with *Elias*

1:45-3:30
Free Swim Session 2

4:00-5:30
Afternoon Lap Swim
*Last admission is 5 p.m.

THURSDAY

8:00-9:00
Morning Lap Swim

12:15-1:00
Watercize: Plus
with *Josh*

1:00-1:45
Watercize: Basic
with *Josh*

1:45-2:30
Floating Meditation

2:30-3:30
Free Swim Session 1

4:00-5:30
Afternoon Lap Swim
*Last admission is 5 p.m.

FRIDAY

8:00-9:00
(NEW TIME)
Morning Lap Swim

1:00-1:45
Free Swim Session 1

1:45-2:30
Floating Meditation

2:30-3:30
Free Swim Session 2

4:00-5:30
Afternoon Lap Swim
*Last admission is 5 p.m.

SATURDAY

8:30-10:00
Morning Lap Swim

10:15-11:00
Water Games

11:00-11:45
Free Swim Session 1

11:45-12:30
Floating Meditation

12:30-1:15
Free Swim Session 2

1:30-2:30
Afternoon Lap Swim
*Last admission is 2 p.m. Locker room closes at 2:55 p.m. Members must exit by that time.

POOL INFO

Sign up at the Front Desk for all sessions you plan to attend prior to entering. Sign-ups are day-of only, no pre-registration. Members are allowed to enter locker rooms 15 minutes prior to the start of class. All belongings except swim attire must be stored in the locker room. Lockers available for daily use with personal lock. Swim caps required. Max of 15 swimmers/class in all pool sessions.

Locker rooms CLOSED from 10-11:30 a.m., Mon-Thurs. Use is NOT PERMITTED during this time.

Locker rooms are available for class & pool participants ONLY. Must attend a Fitness & Aquatics session in order to use the locker room and showers.

For day-of cancellations, call the Center Front Desk at 212-218-0319 and select Option 2.

For all other questions email fitness@lenoxhill.org.

CLASS DESCRIPTIONS

Floating Meditation: *Enjoy a full-body sensory meditation for relaxation. Float with noodles and belts accompanied by soothing music and dimmed lighting. No swimming skills necessary.*

Free Swim: *No lane lines. Any type of swimming, aqua walking or water exercising permitted. Equipment may be used.*

Lap Swim: *Lane lines used. Swimmers swim full laps back-and-forth at any speed. Circle swimming is required when 3+ swimmers are in a lane.*

Watercize: *An Arthritis Foundation Aquatic Exercise Program. Multiple levels available for all abilities. No swimming is required in any Watercize class. Basic is slower and incorporates less cardio. Plus is more cardio-intensive. All Levels is a balance of both.*

Water Games: *Choose from our pool games and activities, or enjoy open free swim time.*



May 2024: FITNESS CALENDAR

All locations are closed and all classes are cancelled on **Monday, May 27th** in observance of **Memorial Day**.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:15-9:00 Open Fitness Center 331 - Fitness Center</p> <p>9:00-9:45 Open Fitness Center: *Strength Training 331 - Fitness Center <i>*Instructional guide provided</i></p> <p>10:15-11:15 (LAST CLASS 5/5) Bingocize Center Garden Room</p> <p>10:15-11:15 (ADDITIONAL DAY, STARTS 5/12) Pilates 331 - Gym</p> <p>12:15-1:00 Bodyweight Strength 331 - Gym</p> <p>1:45-2:30 (RETURNING 5/5; NO CLASS 5/12) Summer Sun Salutations 331 - Playscape <i>*Must meet in 331 lobby; no late arrivals permitted.</i></p>	<p>*CLOSED 5/27*</p> <p>1:15-3:45 (NEW TIME) Intermediate Pickleball Practice 331 - Gym <i>***No instruction provided, must have experience. Sign up by 1pm on day of class.</i></p> <p>3:15-4:00 (NO CLASS 5/6) Open Fitness Center with Hannah 331 - Fitness Center</p> <p>4:00-4:45 (NO CLASS 5/6) Open Fitness Center: *Strength Training with Hannah 331 - Fitness Center <i>*Instructional guide provided</i></p>	<p>10:15-11:15 (NO CLASS 5/28) Dancercize with Hannah 331 - Auditorium</p> <p>12:30-1:15 (5/7 ONLY) Basic Exercise: Beginner with Miki 331 - Gym</p> <p>1:30-2:15 (5/7 ONLY) Basic Exercise: Intermediate with Miki 331 - Gym</p> <p>2:15-3:00 (NO CLASS 5/28) Sculpt & Tone: Dance Inspired Conditioning with Hannah 331 - 4D</p> <p>2:30-3:15 (5/7 ONLY) Zumba with Miki 331 - Gym</p>	<p>10:15-11:00 (NO CLASS 5/15) SAIL Fitness Saint Peter's</p> <p>11:00-11:45 (NO CLASS 5/8 & 5/15) Chair Yoga with Judy St. Peter's</p> <p>12:15-1:00 SAIL Fitness 331 - Gym</p> <p>2:45-3:30 Pilates 331 - Gym</p> <p>3:30-4:30 Open Fitness Center 331 - Fitness Center</p> <p>4:00-4:45 (5/1 & 5/29 ONLY) Virtual Basic Exercise with Miki Zoom</p> <p>4:30-5:30 Circuit Training: Upper Body 331 - Fitness Center</p>	<p>10:15-11:15 (NO CLASS 5/30) Dancercize with Hannah Center Garden Room</p> <p>10:15-11:00 Silver Sock Hop Saint Peter's</p> <p>11:30-12:15 Vinyasa Yoga 331 - Gym</p> <p>12:15-1:00 SAIL Fitness 331 - Gym</p> <p>1:15-3:45 (NEW TIME) Intermediate Pickleball Practice 331 - Gym <i>***No instruction provided, must have experience. Sign up by 1pm on day of class.</i></p> <p>3:30-4:30 Circuit Training: Total Body 331 - Fitness Center</p> <p>4:30-5:30 Open Fitness Center 331 - Fitness Center</p>	<p>10:00-11:00 Open Fitness Center with Hannah 331 - Fitness Center</p> <p>10:15-11:00 SAIL Fitness Saint Peter's</p> <p>11:00-11:45 Chair Yoga Saint Peter's</p> <p>1:30-2:15 Bodyweight Strength 331 - Gym</p> <p>2:15-3:00 Restorative Yoga 331 - Gym</p> <p>3:30-4:30 TRX Blast 331 - Fitness Center</p> <p>4:00-4:45 (5/3 & 5/31 ONLY) Virtual Zumba with Miki Zoom</p> <p>4:30-5:30 Circuit Training: Lower Body 331 - Fitness Center</p>	<p>8:15-9:00 Open Fitness Center 331 - Fitness Center</p> <p>9:00-9:45 Open Fitness Center: *Strength Training 331 - Fitness Center <i>*Instructional guide provided</i></p> <p>10:15-11:15 (LAST CLASS 5/4) Bingocize Center Garden Room</p> <p>10:15-11:15 (NEW DAY & TIME, STARTS 5/11) Vinyasa Yoga 331 - Gym</p> <p>12:15-1:00 SAIL Fitness 331 - Gym</p> <p>2:00-2:45 Silver Sock Hop 331 - Auditorium</p>

LOCATIONS & INFO

Main Building @ 331 E 70th Street, New York, NY 10021
Older Adult Center @ Saint Peter's Church 619 Lexington Ave (entrance on E 54th St), New York, NY 10022
All virtual classes are held online via [Zoom](#).

Locker rooms and showers available on the lower level of the Main Building @ 331, but are CLOSED from 10-11:30 a.m., Mon-Thurs. Locker rooms are available for class & pool participants ONLY. Must attend a Fitness & Aquatics session in order to use the locker room and showers. Must bring own lock.
 All fitness classes are taught by Fitness Instructor Brandon unless otherwise noted.

For day-of cancellations, call the Center Front Desk at 212-218-0319 and select Option 2.
 For Zoom password & other questions email fitness@lenoxhill.org.

SUMMER SUN SALUTATIONS ON THE PLAYSCAPE IS BACK!

Get some fresh air and sunshine in this outdoor yoga class. This all-around class incorporates strength, balance, and falls-prevention. Class takes place on our urban oasis, the Playscape. Open to all levels.

*****PLEASE NOTE:** Participants must meet in the lobby @ 331; **late arrivals not permitted.*****