



# APRIL 2024: THE POOL @ 331

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30-10:00</b> Morning Lap Swim	<b>8:00-9:00</b> Morning Lap Swim	<b>8:00-9:00</b> Morning Lap Swim	<b>8:00-9:00</b> Morning Lap Swim	<b>8:00-9:00</b> Morning Lap Swim	<b>8:00-10:00</b> <b>(ENDS AT 9:00 AM ON 4/26 ONLY)</b> Morning Lap Swim	<b>8:30-10:00</b> Morning Lap Swim
<b>10:15-11:00</b> Watercize: All Levels with <i>Elias</i>	<b>12:00-1:00</b> Free Swim Session 1	<b>12:15-1:00</b> Watercize: Plus with <i>Josh</i>	<b>12:00-1:00</b> Free Swim Session 1	<b>12:15-1:00</b> Watercize: Plus with <i>Josh</i>		<b>10:15-11:00</b> Water Games
<b>11:00-11:45</b> Free Swim Session 1	<b>1:00-1:45</b> Water Games	<b>1:00-1:45</b> Watercize: Basic with <i>Josh</i>	<b>1:00-1:45</b> Watercize: All Levels with <i>Elias</i>	<b>1:00-1:45</b> Watercize: Basic with <i>Josh</i>	<b>1:00-1:45</b> Free Swim Session 1	<b>11:00-11:45</b> Free Swim Session 1
<b>11:45-12:30</b> Water Games	<b>1:45-3:30</b> Free Swim Session 2	<b>1:45-2:30</b> Floating Meditation	<b>1:45-3:30</b> Free Swim Session 2	<b>1:45-2:30</b> <b>(ENDS AT 2:15 PM ON 4/4 ONLY)</b> Floating Meditation	<b>1:45-2:30</b> Floating Meditation	<b>11:45-12:30</b> Floating Meditation
<b>12:30-1:15</b> Free Swim Session 2	<b>4:00-5:30</b> Afternoon Lap Swim *Last admission is 5 p.m.	<b>2:30-3:30</b> Free Swim Session 1	<b>4:00-5:30</b> Afternoon Lap Swim *Last admission is 5 p.m.	<b>4:00-5:30</b> Afternoon Lap Swim *Last admission is 5 p.m.	<b>2:30-3:30</b> Free Swim Session 2	<b>12:30-1:15</b> Free Swim Session 2
<b>1:30-2:30</b> <b>(NO SESSION 4/28)</b> Afternoon Lap Swim *Last admission is 2 p.m. Locker room closes at 2:55 p.m. Members must exit by that time.		<b>4:00-5:30</b> Afternoon Lap Swim *Last admission is 5 p.m.		<b>2:30-3:30</b> <b>(NO SESSION 4/4)</b> Free Swim Session 1	<b>4:00-5:30</b> Afternoon Lap Swim *Last admission is 5 p.m.	<b>1:30-2:30</b> Afternoon Lap Swim *Last admission is 2 p.m. Locker room closes at 2:55 p.m. Members must exit by that time.
				<b>4:00-5:30</b> <b>(NO SESSION 4/4)</b> Afternoon Lap Swim *Last admission is 5 p.m.		

## 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](mailto: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.*



# April 2024: FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>8:15-9:00</b> <b>Open Fitness Center</b> 331 - Fitness Center</p> <p><b>9:00-9:45</b> <b>Open Fitness Center:</b> <b>*Strength Training</b> 331 - Fitness Center <i>*Instructional guide provided</i></p> <p><b>10:15-11:15</b> <b>Bingocize</b> Center Garden Room</p> <p><b>12:15-1:00</b> <b>Bodyweight Strength</b> 331 - Gym</p> <p><b>2:00-2:45</b> <b>Vinyasa Yoga</b> 331 - Fitness Room</p>	<p><b>1:15-3:15</b> <b>Intermediate Pickleball Practice</b> 331 - Gym <i>***No instruction provided, must have experience. Sign up by 1pm on day of class.</i></p> <p><b>3:15-4:00</b> <b>Open Fitness Center</b> with Hannah 331 - Fitness Center</p> <p><b>4:00-4:45</b> <b>Open Fitness Center:</b> <b>*Strength Training</b> with Hannah 331 - Fitness Center <i>*Instructional guide provided</i></p>	<p><b>10:15-11:15</b> <b>(NO CLASS 4/2)</b> <b>Dancercize</b> with Hannah 331 - Auditorium</p> <p><b>12:30-1:15</b> <b>Basic Exercise: Beginner</b> with Miki 331 - Gym</p> <p><b>1:30-2:15</b> <b>Basic Exercise: Intermediate</b> with Miki 331 - Gym</p> <p><b>2:15-3:00</b> <b>Sculpt &amp; Tone: Dance Inspired Conditioning</b> <b>(NO CLASS 4/2)</b> with Hannah 331 - 4D</p> <p><b>2:30-3:15</b> <b>Zumba</b> with Miki 331 - Gym</p>	<p><b>10:15-11:00</b> <b>SAIL Fitness</b> Saint Peter's</p> <p><b>11:00-11:45</b> <b>Chair Yoga</b> with Judy St. Peter's</p> <p><b>12:15-1:00</b> <b>SAIL Fitness</b> 331 - Gym</p> <p><b>2:45-3:30</b> <b>Pilates</b> 331 - Gym</p> <p><b>3:30-4:30</b> <b>Open Fitness Center</b> 331 - Fitness Center</p> <p><b>4:00-4:45</b> <b>Virtual Basic Exercise</b> with Miki <a href="#">Zoom</a></p> <p><b>4:30-5:30</b> <b>Circuit Training: Upper Body</b> 331 - Fitness Center</p>	<p><b>10:15-11:15</b> <b>(NO CLASS 4/25)</b> <b>Dancercize with Hannah</b> Center Garden Room</p> <p><b>10:15-11:00</b> <b>Silver Sock Hop</b> Saint Peter's</p> <p><b>11:30-12:15</b> <b>Vinyasa Yoga</b> 331 - Gym</p> <p><b>12:15-1:00</b> <b>SAIL Fitness</b> 331 - Gym</p> <p><b>1:15-3:15</b> <b>Intermediate Pickleball Practice</b> 331 - Gym <i>***No instruction provided, must have experience. Sign up by 1pm on day of class.</i></p> <p><b>3:30-4:30</b> <b>Circuit Training: Total Body</b> <b>(NO CLASS 4/4)</b> 331 - Fitness Center</p> <p><b>4:30-5:30</b> <b>(NO CLASS 4/4)</b> <b>Open Fitness Center</b> 331 - Fitness Center</p>	<p><b>10:00-11:00</b> <b>(NO CLASS 4/26)</b> <b>Open Fitness Center</b> with Hannah 331 - Fitness Center</p> <p><b>10:15-11:00</b> <b>SAIL Fitness</b> Saint Peter's</p> <p><b>11:00-11:45</b> <b>Chair Yoga</b> Saint Peter's</p> <p><b>1:30-2:15</b> <b>Bodyweight Strength</b> 331 - Gym</p> <p><b>2:15-3:00</b> <b>Restorative Yoga</b> 331 - Gym</p> <p><b>3:30-4:30</b> <b>TRX Blast</b> 331 - Fitness Center</p> <p><b>4:00-4:45</b> <b>Virtual Zumba</b> with Miki <a href="#">Zoom</a></p> <p><b>4:30-5:30</b> <b>Circuit Training: Lower Body</b> 331 - Fitness Center</p>	<p><b>8:15-9:00</b> <b>Open Fitness Center</b> 331 - Fitness Center</p> <p><b>9:00-9:45</b> <b>Open Fitness Center:</b> <b>*Strength Training</b> 331 - Fitness Center <i>*Instructional guide provided</i></p> <p><b>10:15-11:15</b> <b>(NO CLASS 4/13)</b> <b>Bingocize</b> Center Garden Room</p> <div style="border: 2px solid black; padding: 5px;"> <p><b>April 13, 10:00-10:45</b> <b>Fitness Center Tour</b> Meet Fitness Instructor Brandon in the Center Dining Room, then walk over to the Fitness Center for a tour of the space and equipment. Learn about fitness classes and offerings.</p> </div> <p><b>12:15-1:00</b> <b>SAIL Fitness</b> 331 - Gym</p> <p><b>2:00-2:45</b> <b>Silver Sock Hop</b> 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

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.

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

**All virtual classes are held online via [Zoom](#).**

For Zoom password & other questions email [fitness@lenoxhill.org](mailto:fitness@lenoxhill.org).

## DON'T MISS OUT ON BINGOCIZE WITH BRANDON!

Bingocize combines the game of bingo with light exercise and falls prevention drills. Have fun and get moving with Brandon during this 10-week long class. Suitable for all fitness levels and mobilities.

All fitness classes are taught by Fitness Instructor Brandon unless otherwise noted.