



# JUNE 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 **Wednesday, June 19th** in observance of **Juneteenth**.

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> <i>(NO SESSION 6/19)</i> Morning Lap Swim	<b>8:00-9:00</b> Morning Lap Swim	<b>8:00-9:00</b> Morning Lap Swim	<b>8:30-10:00</b> Morning Lap Swim
<b>10:15-11:00</b> Water Games: All Levels <i>with Elias</i>	<b>12:00-1:00</b> Free Swim Session 1	<b>12:15-1:00</b> Watercize: Plus <i>with Josh</i>	<b>12:00-1:00</b> Free Swim Session 1	<b>12:15-1:00</b> Watercize: Plus <i>with Josh</i>	<b>1:00-1:45</b> Free Swim Session 1	<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 <i>with Josh</i>	<b>1:00-1:45</b> <i>(NO SESSION 6/5; 6/19)</i> Watercize: All Levels <i>with Elias</i>	<b>1:00-1:45</b> Watercize: Basic <i>with Josh</i>	<b>1:45-2:30</b> Floating Meditation	<b>11:00-11:45</b> Free Swim Session 1
<b>11:45-12:30</b> Floating Meditation	<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> Floating Meditation	<b>2:30-3:30</b> Free Swim Session 2	<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 3 p.m.	<b>2:30-3:30</b> Free Swim Session 1	<b>4:00-5:30</b> Afternoon Lap Swim *Last admission is 3 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>12:30-1:15</b> Free Swim Session 2
<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> 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>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.

## 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.*



# June 2024: FITNESS CALENDAR

All locations are closed and all classes are cancelled on **Wednesday, June 19th** in observance of **Juneteenth**.

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>*Instructionalguideprovided</i></p> <p><b>10:15-11:15</b> <b>Pilates</b> 331 - Gym</p> <p><b>12:15-1:00</b> <b>Bodyweight Strength</b> 331 - Gym</p> <p><b>1:45-2:30</b> <b>Summer Sun Salutations</b> 331 - Playscape <i>*Must meet in 331 lobby; no late arrivals permitted.</i></p>	<p><b>1:15-3:45</b> <b>Intermediate Pickleball Practice</b> 331 - Gym <i>***No instruction provided, must have experience. Sign up by 12:30 pm on day of class. Limit 12 participants.</i></p> <p><b>3:15-4:00</b> <b>Open Fitness Center</b> <i>with Hannah</i> 331 - Fitness Center</p> <p><b>4:00-4:45</b> <b>Open Fitness Center</b> <i>with Hannah</i> 331 - Fitness Center</p>	<p><b>10:15-11:15</b> <b>Dancercise</b> <i>with Hannah</i> 331 - Auditorium</p> <p><b>12:30-1:15</b> <b>Basic Exercise: Beginner</b> <i>with Miki</i> 331 - Gym</p> <p><b>1:30-2:15</b> <b>Basic Exercise: Intermediate</b> <i>with Miki</i> 331 - Gym</p> <p><b>2:15-3:00</b> <b>Sculpt &amp; Tone: Dance Inspired Conditioning (NO CLASS 6/25)</b> <i>with Hannah</i> 331 - 4D</p> <p><b>2:30-3:15</b> <b>Zumba</b> <i>with Miki</i> 331 - Gym</p>	<p><b>10:15-11:00</b> <b>(NO CLASS 6/19)</b> <b>SAIL Fitness</b> Saint Peter's</p> <p><b>11:00-11:45</b> <b>Chair Yoga</b> <i>with Judy</i> 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> <i>with Miki</i> <a href="#">Zoom</a></p> <p><b>4:30-5:30</b> <b>Circuit Training: Upper Body</b> 331 - Fitness Center</p>	<p><b>10:15-11:00</b> <b>Dancercise 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>1:15-3:45</b> <b>Intermediate Pickleball Practice</b> 331 - Gym <i>***No instruction provided, must have experience. Sign up by 12:30 pm on day of class. Limit 12 participants.</i></p> <p><b>3:30-4:30</b> <b>Circuit Training: Total Body</b> 331 - Fitness Center</p> <p><b>4:30-5:30</b> <b>Open Fitness Center</b> 331 - Fitness Center</p>	<p><b>10:00-11:00</b> <b>Open Fitness Center</b> <i>with Hannah</i> 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> <i>with Miki</i> <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>(NO CLASS 6/22)</b> <b>Open Fitness Center</b> 331 - Fitness Center</p> <p><b>9:00-9:45</b> <b>(NO CLASS 6/22)</b> <b>Open Fitness Center:</b> <b>*Strength Training</b> 331 - Fitness Center <i>*Instructionalguideprovided</i></p> <p><b>10:15-11:15</b> <b>(NO CLASS 6/22)</b> <b>Vinyasa Yoga</b> 331 - Gym</p> <p><b>12:15-1:00</b> <b>(NO CLASS 6/22)</b> <b>SAIL Fitness</b> 331 - Gym</p> <p><b>2:00-2:45</b> <b>(CLASS ON 6/8 &amp; 6/29 ONLY)</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  
**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](mailto: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.**\*\*\*