

FITNESS OPEN HOUSE

TUE, JAN 10, 5-10 PM *All classes are free to members and adult guests*

Drop-in classes, fitness demos, prizes and more!

Our biggest membership discount of the year—**\$400 off*** membership at the 92Y May Center Fitness Open House. **PLUS** three free months to the first 92 people who join!

TIME	SERVICE/CLASS	STAFF	LOCATION
5-6 pm	Recreational Basketball		Lane Gym
5-8 pm	Water Fear Wash Away	Jeff Krieger	CCS
5-9 pm	Ask The Experts		
	<ul style="list-style-type: none"> • Acupuncture Answers • Pain Management 	Melanie Fernandi, LAC	Cardio Court
	<ul style="list-style-type: none"> • Navigating Nutrition 	Back to Sports Physical Therapists	Cardio Court
5-9 pm	Wheel of Fitness Freebies	Daniela Newman, RD, CDN	3rd Floor Lobby
	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Prizes • Free Guest Passes • Free Services 		Cardio Court
6 pm	Trigger Point Demonstration	Shannon Leggett, PT, OCS	Cardio Court
6-7:30 pm	Yoga	Sandi Boerum	CCS
6-8 pm	Training Tips	Trainers	Cardio Court
	<ul style="list-style-type: none"> • Kettlebell Drills • TRX Suspension Workout 		
6:10-6:30 pm	Absolute Abs	Kenny Watts	Lane Gym
6:10-6:55 pm	Move & Groove	Mary Copeland	HFS
6:15-7 pm	Spinning*	Cathy Gargiulo	SS
6:30-7:30 pm	Feldenkrais*	Maxine Davis	Tumble Gym
6:30-9 pm	Play with the Pro	E-Force Team	Racquetball Courts
6:40-7 pm	Masala Bhangra Fitness Exhibition & Class Sampler	Lauren Pellettieri	Lane Gym
6:45-8 pm	Relentless!	Sam Lopez	Mack Gym
7 pm	Trigger Point Demonstration	Shannon Leggett, PT, OCS	Cardio Court
7-7:20 pm	Zumba Fitness Exhibition & Class Sampler	Xavier Marzan	Lane Gym
7-7:30 pm	Aquatic Stroke Analysis	Aquatics Coaches and Instructors	Pool
7:20-8:20 pm	Intro to Yoga	Karen Yat	HFS
7:30 pm	Three-Point Shootout	Athletic Staff	Lane Gym
7:30-7:45 pm	Training Tips - Fab Abs	Kenny Watts	Boxing Room
7:30-8:15 pm	Splash Dance	Bettina Curtis	Pool
7:30-9 pm	Yoga	Sandi Boerum	CCS
8:05-9:05 pm	Break-Thru Fitness	Sam Lopez, Kenny Watts Michael Hughes	Mack Gym
8:30-9:30 pm	Qigong: The Fundamentals	Master Yang Yang, PhD	Room 104
8:30-10 pm	Basketball League-A Championship Game		Lane Gym

For more information or to RSVP, visit 92Y.org/OpenHouse or call 212.415.5729.

*Based on the purchase of a new annual adult paid-in-full preferred membership. EZ-Pay options are also available. Restrictions apply. This offer may not be combined with any other discount or promotion. Present mailer at the membership office. First time visitors only. Limit one offer per person. Offer valid through January 11, 2012. ** Space is limited. Early arrival recommended.