# Spring, 2020 Calendars
## Adult Health & Fitness Specialty Classes

### PEP! (Parkinson’s Exercise Program)

<table>
<thead>
<tr>
<th>#/Wks</th>
<th>Day</th>
<th>Start</th>
<th>End</th>
<th>No Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Mon</td>
<td>Feb 24</td>
<td>Apr 13</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Wed</td>
<td>Feb 26</td>
<td>Apr 15</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Mon</td>
<td>May 4</td>
<td>Jun 29</td>
<td>May 25</td>
</tr>
<tr>
<td>8</td>
<td>Wed</td>
<td>May 6</td>
<td>Jun 24</td>
<td></td>
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</tbody>
</table>

### Nakash Krav Maga

<table>
<thead>
<tr>
<th>#/Wks</th>
<th>Day</th>
<th>Start</th>
<th>End</th>
<th>No Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Mon</td>
<td>Feb 24</td>
<td>Apr 13</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Mon</td>
<td>May 4</td>
<td>Jun 29</td>
<td>May 25</td>
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</tbody>
</table>

### Gleason’s Adult Boxing Basics

<table>
<thead>
<tr>
<th>#/Wks</th>
<th>Day</th>
<th>Start</th>
<th>End</th>
<th>No Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Thu</td>
<td>Feb 27</td>
<td>Apr 23</td>
<td>Apr 9</td>
</tr>
<tr>
<td>8</td>
<td>Thu</td>
<td>May 7</td>
<td>Jun 25</td>
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### Yoga for Mommy and Baby

<table>
<thead>
<tr>
<th>#/Wks</th>
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<th>Start</th>
<th>End</th>
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<tr>
<td>10</td>
<td>Thu</td>
<td>Jan 30</td>
<td>Apr 2</td>
</tr>
<tr>
<td>8</td>
<td>Thu</td>
<td>Apr 23</td>
<td>Jun 11</td>
</tr>
</tbody>
</table>

All classes, regardless of the number of sessions, adhere to the “No Classes” schedule.

### CONTACT NUMBERS:

- **Registration**: 212.415.5500
- **Membership**: 212.415.5729
- **Aquatics**: 212.415.5792
- **CPR**: 212.415.5722
- **Sports**: 212.415.5714
- **Gymnastics**: 212.415.5710
- **Fitness**: 212.415.5702