

SWEAT 4 PINK

Discover new classes while donating to a great cause!

Presenting a fun, spirited and healthy spring fundraiser! These studios have graciously donated a special class to Pink Aid! This is a great opportunity to explore new exercise options, while helping breast cancer patients in need and having fun with "Pink Aid Strong Island!"

Put on your pink!

pinkaid
compassion until there's a cure

DATE / TIME	PLACE	CLASS	DESCRIPTION
MON, MAY 1 NOON	SOLE PILATES 444 West Jericho Turnpike West Hills, Huntington	PILATES REFORMER CLASS Instructor: Carolina Velasquez	Pilates Reformer is the ultimate low impact resistant training that will strengthen your core and entire body from the inside out. Open to all levels.
THU, MAY 4 NOON	SOLE PILATES 444 West Jericho Turnpike West Hills, Huntington	PILATES BARRE CLASS Instructor: Melanie Ranaldo	The ballet barre is used to sculpt the lower body, abs and enhance flexibility. A fun and empowering class set to today's hottest music.
FRI, MAY 5 11 AM	THE FUNKY OM 400 West Jericho Turnpike Huntington	FUNKY 4 PINK Instructors: Ellen and Marisa	Join us for a warm, heart-opening vinyasa flow. This energetic practice connects breath to movement while uniting body and mind. Open to all levels.
FRI, MAY 5 8 PM	INNOVATIVE KICKBOXING 6230 Jericho Turnpike Commack	KICKBOXING Instructor: Chris Cusanelli or Nelson	Burn calories and improve balance through this high energy boxing and martial arts full body workout. Includes core training, bag rounds, punches, kicks and weaves guaranteed to boost the heart rate. Cocktails to follow.
SAT, MAY 6 2 PM	BREAKAWAY YOGA.CYCLE.FITNESS. 7B Green Street, Huntington	CYCLE AND STRENGTH Instructor: Claudia Weisman Teens and adults welcome	Start with 30-minute cycle class that includes aerobic and strength interval training. Then, 30 minutes of strength class is a functional strength & low impact cardio class.
SUN, MAY 7 NOON	YMCA HUNTINGTON 60 Main Street Health Enhancement Center	LESMILLS BODY PUMP MASTER CLASS Instructor: Tina Sammis	Several Instructors will be available to coach you through the scientifically proven repetitive moves and techniques pumping out encouragement, motivation and great music.
MON, MAY 8 9:30 AM	SOUND BODY & MIND 125 West Shore Road, Huntington	SLOW FLOW YOGA Instructor: Breanna Coven	A flow-style yoga class that moves a bit slower than a regular flow. Emphasis on relieving tension in the body, holding stretches and moving mindfully.
FRI, MAY 12 6:30 PM	LAURA'S DANCE AND FITNESS STUDIO 586 New York Ave., Unit 1, Huntington	ZUMBA® Instructor: Laura Marciano	ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and is based on the principle that a workout should be "fun and easy to do."
SAT, MAY 13 NOON & 1 PM	MY PILATES STUDIO 377B South Oyster Bay Road Plainview	PILATES REFORMER Instructor: Susan Cohen	All levels welcome to this full body workout involving core-strengthening, muscle-lengthening, and stability exercises.
TUE, MAY 16 @ 11 AM	YOGA LOVE PROJECT 15B Green Street, Huntington	PINK YOGA FLOW Instructor: Maria Pappas	Flow, breathe, smile and stretch and leave feeling ready to take on the day!
THU, MAY 18 12:30 PM	HUNTINGTON INDOOR TENNIS 100 Broadway, Huntington Station	SWEAT 4 PINK TENNIS TOURNAMENT	4 Courts will be available for a Sweat4Pink Tennis tournament from 12:30-2:00 and Hit for Prizes from 2:00-2:30.
FRI, MAY 19 6:15 PM	LIFETIME ATHLETIC 750 Zeckendorf Blvd, Garden City	WARRIOR SCULPT Instructor: Maria Pappas	If you are ready to move, sweat and smile as you de-stress your body and mind, check out Warrior Sculpt. Often called "Yoga Boot Camp" but rest assured, it is accessible for everyone!
SAT, MAY 20 11:30 AM	TITLE BOXING 335 Main Street, Huntington	BOX60 - POWER HOUR Instructor: Christin Maro	Implement a combination of boxing and kick-boxing movements and calisthenics.
SUN, MAY 21 12:30 PM	BODY & SOUL FITNESS & YOGA CENTER 52 B Wall Street, Huntington	CLASSIC CARDIO Instructor: Susan Harris	High/Low cardio workout to burn fat and improve cardiovascular functions. So much fun!!
MON, MAY 22 9:30 AM	BEACHBODY Huntington Public Library 338 Main Street, Huntington	INSANITY MAX 30 Instructor: Janine Mullen	Tabata style cardio workout uses your body to get results. No weights, no equipment, just your mind and body.
WED, MAY 24 7 PM	LIFETIME ATHLETIC STUDIO 2 350 Robbins Lane, Syosset	BARRE FUSION & BUBBLES Instructor: Maria Pappas	Leaner, Longer, Stronger!
THU, MAY 25 6 PM	PILATES CENTER OF LI 8 West Shore Road, Huntington	PILATES MAT CLASS Instructor: Maggie Amrhein	Mat classes offer a system of exercises designed to strengthen the core muscles while increasing flexibility and coordination. These are great for toning the entire body.
TUE, MAY 30 9:30 AM	VARIATIONS a dancer's studio 180 Spring Road, Huntington	ADULT BEGINNER JAZZ Instructor: Erin Lopez	Come join us for a great stretch and awesome dance combination. No prior experience necessary. Everyone can join, guaranteed to be fun!

HOW TO RESERVE CLASSES

(space is limited so reserve early)

To buy passes and reserve classes, go to pinkaid.org or download the free MindBody App for your mobile phone and search for "Sweat 4 Pink"

Single Class Pass is \$25 or purchase a "S4P Six Pack" multi-class pass for \$100. Walk-ins welcome as space allows. Signature S4P shirt available in limited quantities and sizes with first class or donation.

PINK THANKS TO OUR S4P CORPORATE SPONSORS!

BODYFLY, DANIEL GALE SOTHEBY'S INTERNATIONAL REALTY, GELLERMAN ORTHODONTICS, MITCHELLS HUNTINGTON, ORGANIC KRUSH