

Drop-In Class Schedule (cont.)

Thursdays

Time	Class	Instructor
4:00-4:55pm	Hatha Yoga	Patricia
5:00-5:25pm	Ab Lab	Jeannean
5:30-6:25pm	Spinning®	Jeannean
6:30-7:25pm	ZUMBA®	Kristen
7:30-8:50pm	Women's ONLY Self Defense	University PD
8:55-9:50pm	Cardio-Strength Interval	Amy

Fridays

12:00-12:55pm	Pilates Mat	Lucille
1:00-1:45pm	ABSolutely about ABS	Dean
1:50-2:45pm	Kickboxing	Dean
3:45-5:15pm	Hatha Yoga	Patricia
5:20-6:15pm	Beach Body Blast	Lexie
6:20-7:15pm	Spinning®	Talia

Saturdays

10:30-11:25am	Spinning®	Lucille
11:30-12:25pm	ZUMBA® Sculpt	Lucille
12:30-1:25pm	Yoga Tone	Amy

Visit our website at www.recreation.sunysb.edu for more information .

Program Notes:

- All classes begin on Monday, January 30 and will end on Saturday, May 5, 2012.
- **NO CLASSES** March 29, 2012 through April 8, 2012 in accordance with Spring Break/academic calendar.
- Schedule subject to change without notice. • There will be no classes offered on Sundays.
- *Tae Kwon Do: Dobok/Uniform encouraged for continuous participation in class.
- Each class needs at least 3 participants in order for instructor to teach class. If there are less than 3 participants the class is canceled but participants can remain in studio space and use fitness equipment.
- ****ALL CLASSES ARE LOCATED IN THE STUDENT ACTIVITIES CENTER****
- The Student Activities Center (SAC) Studios are located on the lower level, next to the bank.
- One free trial class pass is available for new faculty, staff and graduate students.

Please stop by the Wellness Center Office, SAC 225, for details.

**For additional information on Group Fitness Class Descriptions, Medical Policy or Wellness/Fitness Program Disclaimer please visit the Campus Recreation Website at: www.recreation.sunysb.edu.



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SPRING

2012

Group Fitness Class Schedule

Department of Campus Recreation

Division of Student Life

January 30 - May 5, 2012



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PARTICIPATION AND CHECK-IN POLICY YOU NEED AN SBU/C-REC ID TO ENTER CLASSES!

The growth of the Group Fitness Program necessitates the need to limit the number of participants in fitness classes for member safety and enjoyment. Note the participant capacity limits of 23 in the SAC Studios. To gain entry into a fitness class held in the SAC Spin/Aerobics Studio you must use your SBU ID or C-REC ID to check-in. All classes are first come, first serve. Each class must have a minimum of 3 participants or the class is cancelled. If so then participants can remain in the studio to use the equipment. You may check in up to 30 minutes prior to the class start. See Program Notes for more information.

It is advised that you arrive early!

****ALL CLASSES ARE LOCATED IN THE STUDENT ACTIVITIES CENTER****

Registered undergraduate students can participate for free. Faculty, staff and graduate students require a group fitness punch card to participate. Punch cards can be purchased in the Wellness Center Office, SAC Room 225.

Group Fitness Class Punch Card Prices

(for faculty, staff and graduate students only)

Unlimited Spring Classes (exp. May 5, 2012)	\$120.00
28 Spring Classes (exp. May 5, 2012)	\$98.00
14 Spring Classes (exp. May 5, 2012)	\$56.00
4 Spring Classes (exp. May 5, 2012)	\$18.00

Drop-In Class Schedule

Mondays

Time	Class	Instructor
11:00-11:55am	Wake Up Yoga	Amy
12:00-12:55pm	ZUMBA® & Core	Terry
1:00-1:55pm	Sweat Shop	Dean
2:00-2:55pm	BOSU– Sculpt	Dean
3:00-3:40pm	Ab Attack	Lexie
3:45-5:10pm	Tae Kwon Do*	Xristos
5:15-6:10pm	Spinning®	Talia
6:15-7:10pm	Yoga Tone	Talia
7:15-8:10pm	Hip Hop Dance	Damaris
8:15-9:10pm	Turbo Kick®	Kristen

Drop-In Class Schedule (cont.)

Tuesdays

Time	Class	Instructor
12:00-12:55pm	Body Works	Dawn
1:00-1:55pm	Hatha Yoga	Patricia
2:00-2:55pm	Spinning®	Claire
3:00-3:55pm	Shape Up	Claire
4:15-5:10pm	Boot Camp	Dan
5:15-6:10pm	Spinning®	Lucille
6:15-7:10pm	Power Yoga	Talia
6:30-8:00pm	Reiki Circle (SAC 309)	Nicole
7:15-8:10pm	ZUMBA®	Kristen
8:15-9:10pm	Total Body	Jeannean

Wednesdays

9:30-10:25am	Spinning®	Dean
10:30-11:25am	Circuit Training	Lexie
11:30-11:55am	30 Minute Express	Amy
12:00-12:55pm	ZUMBA® Sculpt	Lucille
4:30-5:25pm	Spinning®	Claire
5:30-6:25pm	Pump & Sculpt	Dawn
6:30-7:25pm	Kripalu Yoga	Jeannean
8:30-9:25pm	Belly Dancing	SBU Belly Dance

Thursdays

12:00-12:55pm	Pump & Sculpt	Dawn/Lucille
1:00-1:55pm	ZUMBA®	Terry
2:00-2:55pm	ABC's (Abs-Buns-Core)	Lexie

Visit our website at www.recreation.sunysb.edu for more information & descriptions of fitness classes.