

Summer 2011

Group Fitness Schedule

**Tuesday, May 31 -
Thursday, August 18**

Group Fitness Class Punch Card Prices (for faculty, staff and graduate students only)

Unlimited Classes \$98.00

14 Classes \$56.00

4 Classes \$18.00

Valid only for Summer

PARTICIPATION AND CHECK-IN POLICY:

The growth of the Group Fitness Program necessitates the need to limit participants in fitness classes for member safety and enjoyment, please note the size limit is 23 participants. To gain entry into a fitness class held in the SAC Aerobics Studio or SAC Spinning Studio you must use your SBU 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 room to use the equipment. You may check in up to 30 minutes prior to the start of class. It is advised that you arrive early! 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 Office, SAC Room 225.

**CLASSES ARE HELD IN THE BASEMENT OF THE STUDENT
ACTIVITIES CENTER AEROBICS STUDIO & SPIN STUDIO,
NEXT TO THE BANK UNLESS NOTED OTHERWISE.**

| <u>Day</u> | <u>Time</u> | <u>Class</u> |
|------------|---------------|---|
| Monday | 12:00-12:55pm | Power Yoga w/ Talia |
| Monday | 1:00-1:55pm | Step & Tone w/ Lexie |
| Tuesday | 12:00-12:55pm | Pump & Sculpt w/ Lucille |
| Tuesday | 1:00-1:35pm | Kickbox-Cardio w/ Dean |
| Tuesday | 1:35-2:00pm | BOSU Blast/Spinning w/ Dean |
| Tuesday | 5:15-6:10pm | Yoga w/ Jeannean |
| Tuesday | 6:30-8:00pm | Reiki Circle w/ Nicole SAC Sculpture Garden or SAC 304 |
| Wednesday | 12:00-12:55pm | Core & More w/ Dawn |
| Wednesday | 1:00-1:55pm | Hatha Yoga w/ Patricia |
| Wednesday | 5:15-6:10pm | Spinning w/ Lucille |
| Thursday | 12:00-12:55pm | Body Pump w/ Lucille & Dawn |
| Thursday | 1:00-1:55pm | Muscle Mash Up w/ Lexie |
| Thursday | 5:15-6:10pm | Spinning w/ Talia |
| Friday | 12:00-12:55pm | Pilates Mat w/ Lucille |

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