

### Class Registration and Check In Procedures:

- Registration for all classes will be available online:
  - Visit [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) and click on "Online Portal"
- Registration opens 24 hours prior to the start of class, and ends 15 minutes before the start of class.
- Each participant will be checked in by a Fitness Attendant from a registration list.
- Participants registered must be present 5 minutes before the start time in order to confirm their place in the class, if not, it will be forfeited to the wait list.
- Once class starts, the doors will be closed for its' duration. There will be no late entry into the studios once classes have begun.

### Program Notes:

- Participants must have a valid Campus Recreation Membership to participate in the Group Fitness program.
- Always be courteous to the instructor and your fellow participants; silence cell phones and refrain from distracting others during class.
- Participants are highly encouraged to stay for the class' entirety due to safety concerns.
- We strongly encourage all of our patrons to consult with their health care providers before starting any exercise program.
- Appropriate attire must be worn at all times. This includes appropriate footwear and shirts, including covering with midriiffs/abdomens at all times.
- 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.

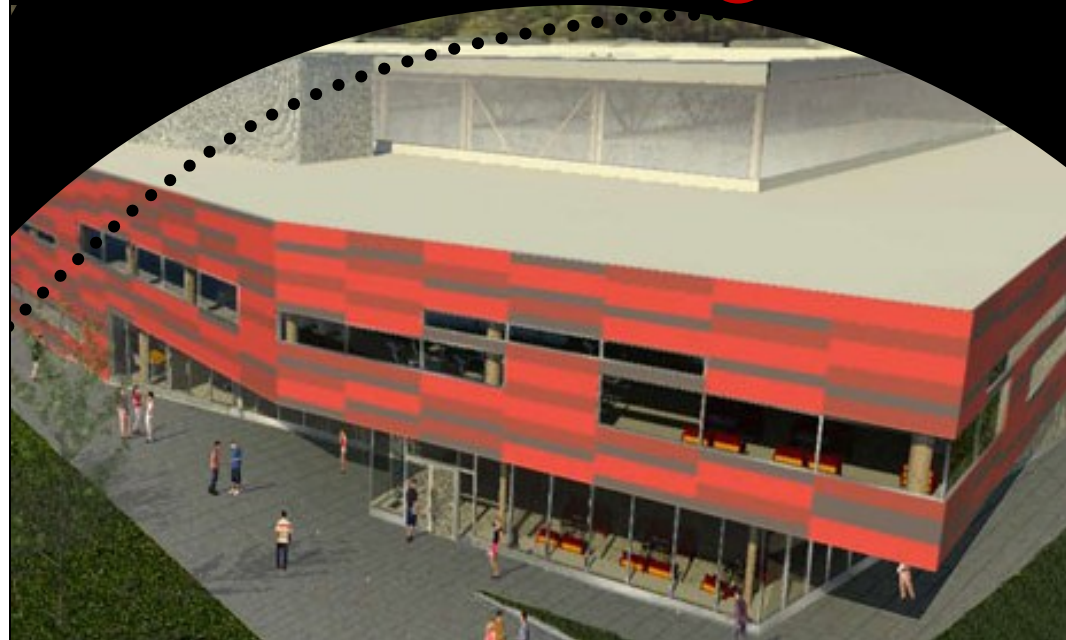
\*For additional information on Group Fitness Class Descriptions, Medical Policy or Wellness/Fitness Program Disclaimer, please visit the Campus Recreation Website at: [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu).



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# FALL 2012



## Group Fitness Class Schedule

### Department of Campus Recreation

Division of Student Life

**Beginning October 22, 2012**



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# Group Fitness Class Schedule

**Monday**

Time	Class	Instructor	Room
11:00-12:00pm	Zumba® & Core	Terry	128
12:00-1:00pm	Booty Call	Claire	216
1:00-2:00pm	Core n' More	Lucille	128
2:00-3:00pm	Indoor Cycling	Dean	211
3:00-3:45pm	Exercise Express	Amy	128
3:45-5:15pm	Tae Kwon Do*	Xristos	216
5:15-6:15pm	Yoga	Jeannean	128
6:15-7:15pm	Indoor Cycling	Jeannean	211
7:15-8:15pm	Zumba®	Esmeralda	128
8:15-9:15pm	Body Sculpt	Michelle	216

**Tuesday**

11:30-12:00pm	Ab Attack	Lexie	216
12:00-1:00pm	Power Pump	Dawn	128
1:00-2:00pm	Hatha Yoga	Patricia	216
2:00-3:00pm	Zumba®	Lisa	128
4:15-5:15pm	Boot Camp	Dan	128
5:15-6:15pm	Yoga	Jeannean	216
6:15-7:15pm	Zumba®	Kristen	128
7:15-8:15pm	Indoor Cycling	Lorri	211

**Wednesday**

9:30-10:30am	Wake Up Yoga	Amy	216
11:30-12:00pm	ABSolutely about ABS	Dean	216
12:00-1:00pm	Zumba® & Core	Lucille	128
1:00-2:00pm	Body Burn	Lexie	216
4:30-5:30pm	Indoor Cycling	Claire	211

**Wednesday**

Time	Class	Instructor	Room
5:30-6:30pm	Pump & Sculpt	Dawn	128
6:30-7:30pm	Turbo Kick®	Kristen	216
7:30-8:30pm	Indoor Cycling	Amanda	211
8:30-9:30pm	Belly Dancing	SBU Belly Dance	128

**Thursday**

12:00-1:00pm	Pump& Sculpt	Lucille& Dawn	216
1:00-2:00pm	Zumba®	Terry	128
2:00-3:00pm	Sweat Shop	Dean	216
4:00-5:00pm	Hatha Yoga	Patricia	128
5:00-5:30pm	Zumba® Express	Lexie	216
5:30-6:30pm	Zumba®	Kristen	128
6:30-7:30pm	Triple Threat	Kristen	128
7:30-8:50pm	R.A.D Program (Women Only)	UPD	216

**Friday**

12:00-1:00pm	Pilates Mat	Lucille	216
1:00-2:00pm	Zumba®	Lisa	128
2:00-2:45pm	Kickboxing	Dean	216
2:45-3:45pm	Indoor Cycling	Dean	211
3:45-5:15pm	Hatha Yoga	Patricia	128
5:20-6:20pm	Yoga Tone	Amy	216
6:20-7:20pm	Cardio X	Esmeralda	128

**Saturday**

10:30-11:30am	Zumba®	Terry/Lisa/Lexie	128
11:30-12:30am	Indoor Cycling	Lucille	211
12:30-1:30pm	Zumba® & Core	Lucille	128
1:30-2:30pm	World Beat	Amanda	216

Visit our website at [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) for more information, registration & descriptions of fitness classes.