



THE DEPARTMENT OF CAMPUS RECREATION

Special Student
Edition

Volume 1 Issue 2

WINTER NEWSLETTER 2010

New Campus Rec Center

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Greetings Campus Recreation Enthusiasts!!

The Department of Campus Recreation is proud to announce that the ground breaking of the new Campus Recreation Center is officially under way. Construction of the new Recreation Center began on Monday, January 4, 2010. The site of this new facility will be located between the Student Union and Sports Complex.

The \$37.5 million facility will be approximately 85,000 square feet and will include a three-court gymnasium for basketball, volleyball, and badminton;

three group fitness studios; 17,000 square feet of weights and fitness; Campus Recreation administrative offices; 1/10th-mile track, Multi-Activity Court for basketball, soccer, roller hockey, volleyball, and badminton; locker rooms, equipment rental area, two lounges, and wireless internet access. All though the hours of operation have not yet been determined for the new building the anticipated hours would be from 6:00a.m. – Midnight.

A new website will be launching later this semester specifically for the new Campus Recreation Center. Information that will be included on this website are the history of the CRC project, quick facts, photo galleries, floor plans, press releases, CRC Advisory Board breakdown, live webcam, poll questions, and a blog updating you on the project. Please be sure to check the current Campus Recreation website at www.recreation.sunysb.edu for more information about the launching of the New CRC website as well as other programs that the Department of Campus Recreation is currently offering.

I hope you all enjoy this special student staff edition of the Campus Recreation newsletter and please be on the lookout for the spring newsletter which will highlight information about our all new Wellness Week.

All the Best,

Steve Macchiarolo
Manager of Student Personnel & Special Events



Department of
Campus Recreation

(631) 632-7168

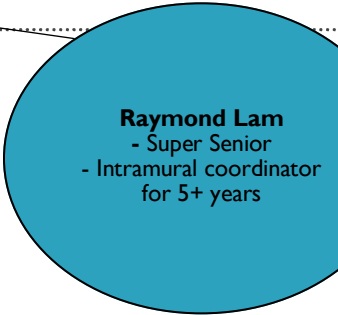
www.recreation.sunysb.edu



Francine Joseph

- Graduating Senior
- Wellness Center coordinator for 1 year

- Health Science major with a concentration in environmental health, Health and Wellness minor
-As a coordinator for the Campus Recreation Wellness Center, I supervise staff and serve as a role model to the younger staff. I also make sure things are running smoothly in the Wellness Center while the boss is away or not in the office.



Raymond Lam
- Super Senior
- Intramural coordinator for 5+ years



Rowie Samaco
-Junior
-Spring 2010 Wellness Center Marketing Intern
-Applied Math and Statistics Major, Digital Arts Minor

Stephanie Walters - coordinator of Fitness and Wellness

My name is Stephanie Walters, and I am currently a senior at Stony Brook University. I am studying Social Welfare and in May 2010, I expect to be graduating with my bachelors in social work.

At the beginning of my junior year I wanted to find a job; preferably one on campus. When I walked in to SAC 225 and spoke to Marie Turchiano (Associate Director) about a job, she luckily had a few hours available! That year I held two positions, I worked as a fitness attendant and at the front desk in the Wellness Office.

It has been both fun and rewarding being a member of Campus Recreation. I have learned so much and have met a bunch of great people. Being that I am very interested in fitness, and enjoy taking the fitness classes and using the gym, I was extremely excited to hear that I was promoted to Fitness and Wellness Coordinator for my second year with Campus Recreation. This would give me a chance to become

more active within the Department of Campus Recreation and Stony Brook University as a whole. At that point in time the department was searching for someone to take the position as Manager of Fitness and Wellness Programming. I was asked to sit in on the interviews with Steve Macchiarolo seeing that I would be working directly with this person on tasks and projects. All staff members' opinions and ideas are valued within Campus Recreation which is one thing that I really like.

Dean Bowen, previously at The College at Brockport, was selected to take on the position of Manager of Fitness and Wellness Programming and has been a positive addition to the Campus Recreation team. He has brought forth



many new and exciting ideas that have contributed to the amazing fitness and wellness program we are currently offering to students, faculty and staff at Stony Brook. It is a pleasure to work with Dean and the other members of Campus Recreation!

I have truly enjoyed being a part of the Department of Campus Recreation and

hope to continue doing so throughout my time at Stony Brook University. I would highly recommend that all students consider Campus Recreation when thinking about student employment or just a way to become active. Campus Recreation, it's not just a job, it's a community; and it's a great way to get involved and is extremely worthwhile!

Behind the Scenes with Francine

In every newsletter, we will be interviewing a student staff member from the Department of Campus Recreation to gain an inside perspective of their thoughts and opinions. This month's victim is Ariadne Tzoumas, who spoke with Francine Joseph, about her job and experiences at the Wellness Center.



Ariadne Tzoumas

Working for Campus Recreation since Fall 2008
Major: French/Teacher-prep
Sophomore
Hometown: Manhasset, NY

Francine: How long have you been working here at the Wellness Center?

Ariadne: Two weeks.

Francine: Ok, so how do you like working here so far?

Ariadne: I love it!

Francine: What about working here do you love?

Ariadne: I love it because it is more interactive. When I was working as a fitness attendant, I was only talking to patrons for 10 minutes. Oh, and of course the hot guys!

Francine: Is there anything about the Wellness Center you would change?

Ariadne: Yes, longer jump ropes for the taller people who would like to use them.

Francine: Do you use the gym?

Ariadne: Yes, actually I took the job at the Wellness Center to help me maintain my inner "wellness."

Francine: What shift do you enjoy working the most; Morning, Afternoon, or Closing?

Ariadne: Closing, but it's scary because I have to walk in the dark by myself to my room.

Francine: Any funny stories that may have happened while you were working?

Ariadne: I saw a fellow co-worker wearing their staff shirt backwards and I'm guessing they had no idea. I literally cried laughing.

Francine: Why did you want to work at the Wellness Center?

Ariadne: Because I had already worked for campus recreation and I wanted to expand my horizons. Although working as a fitness attendant is cool, I liked working here because it's the "hot spot".

Francine: How do you feel about the new Recreation Center that is in the process of being built?

Ariadne: I look forward to working there.

Francine: What is your least favorite part of the job?

Ariadne: Re-racking those heavy weights.

New Years Fitness Resolutions by Stephanie Walters

Many people have made resolutions to bring in the New Year and start off 2010 the right way. Fitness is an extremely popular area that people choose to make resolutions. Some of these resolutions may include, working out more, eating healthier, losing a few pounds, becoming more physically fit, etc. Campus Recreation provides the facilities, equipment, education, programs and fitness classes that can help you to succeed in regards to your resolution.

Although fitness issues are very popular for New Years, it can be hard to figure out where to begin. There are a few steps to make this process easier and ensure success. First, makes sure your mind is in the right place. At least twice a day, take 5 minutes to visualize what you want to accomplish. Make an effort to program your brain to do what it needs to do in order to be successful. Second, try to start slowly, because too much of anything

will make you sick of it fast, ease into it. Third, be aware of what's to come, realize that there are several key steps to beginning a new fitness program. When you are prepared you will make progress. Fourth, keep it simple so that when you start out, you'll be less likely to feel overwhelmed and quit after a couple of weeks. Fifth, begin the actual workout with walking slow, jogging, or cycling and some light weight workouts.


After 2 or 3 weeks, you can begin to gradually increase the intensity, duration, and frequency of your workouts; but don't "jump ahead", too much or you'll regret it! Sixth, work to clean up your diet. Don't sabotage your efforts by exercising and then binge eating. Clean up your diet by cutting out as much junk food, fried food, sugar, white flour, and artificial ingredients as possible. In addition get into the habit of drinking water every day. Last, a personal trainer can make a

huge difference in terms of showing you what to do and getting you on the right path. If you really want to, "do it right", get yourself a personal trainer and get going! The Department of Campus Recreation has personal trainers on staff that can help you to achieve your goals. For more information visit SAC 225 or join our group on Facebook (Stony Brook University, Campus Recreation, Fitness and Wellness).

Fitness in general is being in good health and good overall physical condition usually resulting from good nutrition and exercise. Campus Recreation can help you to achieve your resolution and become "Fit." Make sure to check out the upcoming programs, events and workshops we offer to further your health and wellbeing.

Happy New Year to all the Stony Brook students, faculty and staff! Make 2010 a productive and healthy year!

Spring '10 Group Fitness Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat
1200-1255 PM Pump & Sculpt w/ Dawn SAC Aerobic Studio	800-825 AM TNT—Tone n' Tighten w/ Dean SAC Aerobic Studio	1200-1255 PM Cardio Fusion w/ Lucille SAC Aerobic Studio	1000-1130 AM Interval Spinning w/ Dean SAC Spin Studio	1200-1255 PM Pilates Mat w/ Lucille SAC Aerobic Studio	1000-1055 AM Spinning w/ Lucille SAC Spin Studio
100-155 PM Drums Alive w/ Dean SAC Aerobic Studio	830-925 AM Spinning w/ Dean SAC Spin Studio	100-125 PM HardCORE w/ Dawn SAC Aerobic Studio	1200-1255 PM Body Blitz w/ Dawn & Lucille SAC Aerobics Studio	100-155 PM Drums Alive w/ Dean SAC Aerobic Studio	1100-1155 AM Pump & Sculpt w/ Lucille SAC Aerobic Studio
200-255 PM Circuit Training w/ Dean SAC Aerobic Studio	1200-1255 PM Core n' More w/ Dawn SAC Aerobic Studio	130-225 PM Boot Camp w/ Dan SAC Aerobic Studio	100-155 PM Breathe, Stretch, Relax & Meditate w/ Liz SAC Aerobic Studio	100-155 PM Boot Camp w/ Dan ISC-Dance Studio	
350-510 PM Tae Kwon Do w/ Xristos ISC-Dance Studio	100-155 PM Hatha Yoga w/ Pat SAC Aerobic Studio	330-425 PM Cardio Strength Intvl w/ Steph ISC-Dance Studio	350-445 PM Hatha Yoga w/ Pat SAC Aerobic Studio	345-515 PM Hatha Yoga w/ Pat SAC Aerobic Studio	
520-615 PM Pilates Mat w/ Lucille SAC Aerobic Studio	450-515 PM HardCORE w/ Lucille SAC Aerobic Studio	330-425 PM Spinning w/ Claire SAC Spin Studio	450-515 PM Ab Lab w/ Jean- nean SAC Aerobic Studio	520-615 PM Spinning w/ Liz SAC Spin Studio	
620-715 PM Spinning w/ Lucille SAC Spin Studio	520-615 PM Spinning w/ Lucille SAC Spin Studio	430-525 PM Total Body w/ Claire SAC Aerobic Studio	520-615 PM Spinning w/ Jeannean SAC Spin Studio		
720-815 PM Hip Hop w/ Damaris SAC Aerobic Studio	620-715 PM Boot Camp w/ Liz SAC Aerobic Studio	530-625 PM ABC's (Abs-Buns- Core) w/ Dawn SAC Aerobic Studio	615-645 PM Intro to Step w/ Kristen ISC-Dance Studio		
720-815 PM Total Body w/ Jeannean ISC-Dance Studio	620-715 PM Cardio Kickboxing w/ Kristen ISC-Dance Studio	620-715 PM Vinyasa Yoga w/ Jeannean ISC-Dance Studio	620-715 PM Kripalu Yoga w/ Jeannean SAC Aerobic Studio		
820-915 PM Kripalu Yoga w/ Jeannean ISC-Dance Studio	630-800 PM Reiki Circle SAC 309	630-725 PM Cross Training w/ Liz SAC Aerobic Studio	650-745 PM Step Into Shape w/ Kristen ISC-Dance Studio		
	720-745 PM Ab Lab w/ Kristen ISC-Dance Studio	720-815 PM Belly Dancing w/ Sahita & Amanda ISC-Dance Studio	720-850 PM Women's ONLY Self Defense SAC Aerobic Studio		
		730-825 PM Spinning w/ Liz SAC Spin Studio			

Class Descriptions

Ab Lab A mind-body class that offers a blend of Pilates and Yoga basic exercise combinations, which may be progressed into more advanced options to challenge all levels of participants.

ABC's (Abs-Buns-Core) This class will be one way to define your abs, lower back, and glutes. Bands and balls used to strengthen, tone and define! Great way to get that extra emphasis in those needed areas!

Belly Dancing Learn the basic moves of belly dancing while getting a full body workout! This class will excite your senses and sculpt your entire body.

Boot Camp Drop and give me 10! Increase your stamina and muscle strength with this intense, high energy workout. This class will consist of toning exercises, hard-core calisthenics, and powerful moves that will get your heart pumping and sculpt your entire body.

Breathe, Stretch, Relax & Meditate The class is designed to help you attain a sense of increased relaxation, peace, and comfort by learning the importance of proper posture and good body alignment, full and complete breath, gentle static stretching, and meditation.

Cardio Fusion This multi-level, mixed impact aerobic class blends a variety of cardio formats designed to improve energy levels, strengthen core, reduce body fat and burn calories. Best of all it's fun!

Cardio Kickboxing A high intensity cardiovascular workout. This class includes boxing and kicking movements put to music that strengthen the upper and lower body. This class includes breathing exercises combined with poses and stretches that promote health in the mind and body. Class ends with a deep relaxation meditation.

Cardio Strength Interval (CSI) Nothing but hard work in this class. You will focus on testing your strength and muscular endurance and push yourself through a wide variety of exercises and movements. Bringing a towel and a water bottle is highly recommended. If you want a REAL challenge, then this class is for you!

Circuit Training This class is a combination of high-intensity aerobics and resistance training designed to be easy to follow. This "circuit" will involve you completing of all prescribed exercises in the program/routine. The time between exercises will be short, but don't worry we'll give you time to breathe!

Core Conditioning Challenge your abdominals like no other workout ever before! Core is a highly effective workout that targets the abdominal and back muscles using the stability ball. Specific exercises are used to increase abdominal strength and balance.

Core n' More This class is Core Conditioning to the MAX! Get in all the best parts of Core Conditioning plus a little MORE by elevating your heart rate and alternating to your major muscle groups when your core has had enough.

Class Descriptions (Cont.)

Cross Training This class will combine many different fitness principles to get you sweating and burning calories. Be ready to use anything the instructor can get their hands on and imagine.

Drums Alive You + Stability Ball + Drumsticks + Music = An Amazing Workout Experience! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program. This workout for your entire body, mind and spirit combines traditional aerobics with the powerful beat and rhythm of the drums. Not only works your body, but frees your spirit.

HardCORE Strengthen and tone your entire core area in this intense ab and back workout. The class will improve your posture and stability with the use of a variety of equipment and exercises.

Hatha Yoga Designed for experienced yoga enthusiasts. This advanced yoga workout incorporates more challenging postures utilizing Hatha yoga techniques.

Hip Hop Try these sizzling hip hop moves. This class will get your body moving to the beat and sweat dripping to your feet. You will be taught the latest house and hip hop moves put together into a HOT dance routine.

Kripalu Yoga Sometimes called the yoga of consciousness. The practice emphasizes breathing in coordination with movement. The intent of each session is to find balance and develop inner strength. All levels are welcome; since you're practicing moving with your inner awareness many modifications to poses will be shown.

Pilates Mat This workout is based on the teachings of Joseph Pilates. Each exercise sequence addresses spinal stabilization, alignment, and muscular strength and endurance. Results from this training include improved posture, stronger abdominal and back muscles and increased body awareness.

Pump & Sculpt Get ready to sweat with this fun and effective fat-burning and toning workout that sculpts your body from top to bottom in 55 minutes. This whole body conditioning class will use dumbbells, bands, tubes, exercise balls and body bars as resistance tools.

Reiki Healing Circle Free for all! Reiki is a hands-on healing technique that balances, realigns energy, and activates your own healing powers. It reduces stress, increases energy and focus, and enhances creativity. Free for all, no check-in required!

Spinning® A cycling workout that utilizes an adjustable stationary bicycle to take the participants up hills around bends and travel the flats to music and guided imagery. Towels and water bottles are required.

Spinning-Interval Combining a cycling workout that utilizes an adjustable stationary bicycle with the use of weights, bars, balls and bands. This high intensity workout is for those looking to burn the calories and sweat! Towels and water bottles are required.

Step into Shape Step right in! This class will help burn calories and maintain your weight with focus on endurance and strength training. This fun and enjoyable workout will get you on your way to a new you with a new step. Make sure to come to the "Intro to Step" class to get the basics for a better/enjoyable workout.

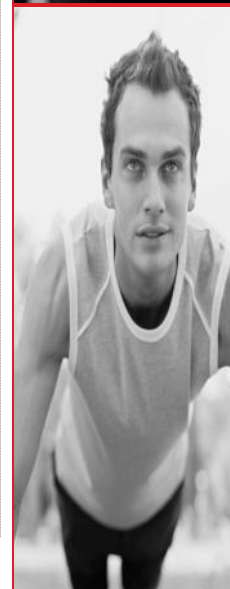
Tae Kwon Do Are you new to Tae Kwon Do or do you desire to reconnect with your martial arts past? Come explore the Korean art of Tae Kwon Do at your own pace, in a cooperative, non-competitive learning environment. Learn to kick, punch, and block, while developing basic self-defense skills, quick reflexes, coordination, and confidence.

TNT (Tone n' Tighten) A full-body conditioning workout using bands, balls, body bars, and hand weights to enhance muscle definition, balance, strength, and endurance.

Total Body This workout features basic strength exercises and incorporates progressions using resistance equipment. The goal of this class is to improve muscular endurance and posture.

Vinyasa Yoga Vinyasa means breathing systems. In this class movement is synchronized with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome.

Women's ONLY Self Defense This class will develop and enhance the options of self defense so they may become viable considerations to the woman who is attacked. The R.A.D. program is not a traditional self-defense course. It fills a long standing void in personal defense training by enabling women to quickly learn a set of cognitive and physical skills



Spring 2010 Fitness Class Schedule

The Spring 2010 schedule is packed with a wide range of different classes to help the Stony Brook students, faculty and staff stay in shape, achieve fitness and wellness goals and provide a rewarding and fun experience. Based on your opinions and class popularity in previous semesters we were able to put together a schedule and provide you with 47 fitness classes from Monday thru Saturday.

The schedule is much more flexible than it has been in previous semesters. We are providing classes in the morning, afternoon and evening this semester. On Tuesdays classes are beginning as early as 8:00AM! No matter how crazy your schedule is, you will definitely be able to find the time to take a fitness class.

Our classes range from Spinning to Cardio Kickboxing, Tae Kwon Do to Yoga, Cardio Strength Interval to Belly Dancing. You can get full descriptions of all the classes on pages 4-5 or by visiting the Campus Recreation website.

In order for Graduate students, faculty and staff to enjoy the fitness classes we are providing, they must purchase a punch card. We offer group fitness class punch cards ranging from 4 classes to unlimited and in price from \$18.00 to \$120.00 (only cash and check are accepted). To purchase and sign up for a punch card please visit SAC 225 and pick up your punch card today. If you are an undergraduate at Stony Brook University, all classes are free!

New Class: Drums Alive!



Drums Alive is a new and unique fitness class that will not only give you a workout in body and mind, but in addition give you a wonderful, fun and entertaining experience. You + Stability Ball + Drumsticks + Music = An Amazing Workout Experience! Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new high-energy dance and rhythm program. This workout for your entire body, mind and spirit combines traditional

aerobics with the powerful beat and rhythm of the drums. Drums Alive not only works your body, but frees your spirit.

Our Spring 2010 schedule, offers two different opportunities for you to try out this one of a kind class. It is offered on Mondays and Fridays from 1:00-1:55PM in the SAC Aerobics Studio. Make sure to stop by and check it out, class sizes are limited!

Red Hot 5-on-5 Intramural Basketball

Hey Stony Brook! Welcome to another exciting year at Campus Recreation. The Red Hot 5-on-5 Intramural Basketball season is just around the corner! Do you have what it takes to be the Intramural Champions this year? Last year, 49 teams FAILED! If you think you have the strength and perseverance (and at least 4 friends)? Come join!

If you think you have the strength and perseverance (and at least 4 friends)? Come join!

OH, for your enjoyment this exciting year, we've purchased brand new state of the art scoreboards! In order to participate in this exciting event! All it takes is for you to be a Stony Brook Undergraduate student! If you're a Graduate Student, staff, or faculty member, don't worry we got you too! All we need is your valid Stony Brook issued ID, and the only cost you will incur will be a \$15 fee! And it'll last you throughout the year! You can use it to participate in our other sports,

such as softball, soccer, volleyball and dodge-ball! But more about that in a month or so! In order to join, the manager's meeting was held on Tuesday, February 2nd at 5:00PM. And if you didn't get to sign up because it's too late, then you should really join our Facebook group and sign up for our listserv! It'll keep you up to date with all the exciting events and intramural sports! Our official group is : <http://www.facebook.com/#!/profile.php?v=info&ref=ts&id=100000338345966>

As always, If you have any questions, please do not hesitate to contact Mr. David Hairston, Manager of Intramurals & Sports Clubs at 631-632-7120 or david.hairston@stonybrook.edu.

Campus Recreation...BE THERE...or stay in your dorm room!

Upcoming Dates

- Feb 10 - **Body Fat Testing**
5 - 6 PM, Wellness Center
- Feb 12 - **NJ Devils Game Trip @ 7 PM**
Bus departs at SAC Loop at 4:30 PM & returns approx. 11:30 PM
- Feb 17 - **Body Fat & Cholesterol Testing**
1:30 - 2:30 PM, SAC Lobby
- Feb 19 - **NJ Nets Game Trip @ 8 PM**
Bus departs at SAC Loop at 4:45 PM & returns approx. 11:45 PM
- Feb 21 - **LEADSTRONG Student Leadership Conference**
9:30 AM - 5 PM, Student Activities Center



NEW CAMPUS RECREATION CENTER!

Coming Soon...

REC-A-THON

Friday, Feb. 5

RECAP

On Friday night (Feb 5th), many people came to the Sports Complex Arena to enjoy Rec-A-Thon. "It was a great event and a successful collaboration by *The Department of Campus Recreation, Division of Student Life, Campus Residences* and *Red Hot After Hours*." - David Hairston, Manager of Intramurals & Sports Clubs

Many students formed teams to compete against each other in 3-on-3 basketball and 6-on-6 volleyball. There were also other exciting activities to enjoy like the Adrenaline Rush Maze and a rock climbing wall. With the combination of fun activities and a great turnout of students, Rec-A-Thon was the place to be that Friday night.

GET A MEMBERSHIP TO THE WELLNESS CENTER!

Year Membership

(Valid for one year from the date of purchase)

\$165.00

Spring Semester Membership

(January 25, 2010 - May 20, 2010)

\$70.00

Month Membership

(Valid for one year from the date of purchase)

\$25.00

**Friday, February 12th
7 PM**

**NEW JERSEY
DEVILS**



v.s.



**NASHVILLE
PREDATORS**

Bus departs at SAC Loop at 4:30 PM & returns approx.

11:30 PM. Tickets are \$15 for undergraduate students and \$25 for graduate students. For more information call 632-7120.

**Friday, February 19th
8 PM**

**NEW JERSEY
NETS**



v.s.



SOLD OUT

**TORONTO
RAPTORS**

Bus departs at SAC Loop at 4:45 PM & returns approx. 11:45

PM. Tickets are \$10 for undergraduate students and \$20 for graduate students. For more information call 632-7120.