



Stony Brook University

# Campus Recreation Center

## Grand Opening Fitness Programs

### Wellness Studio 128

4:15pm Cardio Craze  
5:20pm Hatha Yoga  
6:30pm Cardio X  
7:45pm Zumba®

### Wellness Studio 211

4:00pm Cycle Set Up  
4:30pm Cycle Set Up  
5:15pm Cycle Class  
6:30pm Cycle Class  
7:45pm Cycle Class

### Wellness Studio 216

6:20pm Kettlebell Intro  
6:50pm STEP360 Intro  
7:30pm Kickboxing

### Wellness Resource Room

4:30pm Blood Pressure &  
Cholesterol Screening

### MAC Court 2

5:00pm Zumba®

Please check [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) for an updated schedule of classes for the remainder of the Fall 2012 semester. Be sure to register for your desired class up to 24 hours in advance by clicking on the "Online Portal" from the main **Campus Recreation Page**.



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