



Stony Brook University

Campus Recreation Center

Opening Day Programs

October 19, 2012

Tournaments

3 on 3 Basketball Tournaments: 4pm-7pm, Gymnasium

Free Throw Tournament: 7pm-8pm, Gymnasium

Dodge ball Tournament: 7pm- 11pm, Gymnasium

Corn Hole Tournament/Open B-Ball: 9pm-11pm, Gymnasium

Games

Bed sheet V-Ball: 4pm-8pm, Gymnasium

Open Recreation Basketball: 8pm-11pm, Gymnasium

Indoor Soccer: 4pm-5p, MAC Court 1 & 2

Badminton: 5pm-11pm, MAC Court 1 & 6:20pm-11pm, MAC Court 2

Fitness Classes

Zumba: 5pm-6pm, Mac Court 2; 7:45pm-8:45pm, Wellness Studio 128

Cardio: 4:15pm-5:15pm, Wellness Studio 128

Yoga: 5:20pm-6:20pm, Wellness Studio 128

Kettle bells: 6:30pm-7pm, Wellness Studio 128

Step360: 7pm-7:30pm, Wellness Studio 128

Cardio X: 6:20pm-7:30pm, Wellness Studio 216

Kickboxing: 7:30pm-8:45pm, Wellness Studio 216

Toning: 8:45pm-10pm, Wellness Studio 216

Beginner Cycle: 4pm-4:15pm & 4:30pm-5pm, Cycle Studio 211

Cycle Class: 5:15pm-6:20pm/6:30pm-7:30pm/7:45-8:45pm, Cycle Studio 211



www.recreation.sunysb.edu

