

Drop-In Class Schedule (cont.)

Thursday

Time	Class	Location
1:00-1:55PM	Breathe, Stretch, Relax & Meditate w/ Liz	SAC Aerobic Studio
2:00-2:55PM	Cardio Craze w/ Liz	SAC Aerobic Studio
3:00-3:45PM	Boot Camp w/ Dan	SAC Aerobic Studio
3:50-4:45PM	Hatha Yoga w/ Pat	SAC Aerobic Studio
4:50-5:15PM	Ab Lab w/ Jeannean	SAC Aerobic Studio
5:20-6:15PM	Spinning w/ Jeannean	SAC Spin Studio
6:20-7:15PM	Kripalu Yoga w/ Jeannean	SAC Aerobic Studio
7:20-8:50PM	WOMENS ONLY Self Defense w/ UPD	SAC Aerobic Studio

Friday

11:30-11:55AM	TNT– Tone N' Tighten w/ Dean	SAC Aerobic Studio
12:00-12:55PM	Pilates Mat w/ Lucille	SAC Aerobic Studio
1:00-1:55PM	Kickboxing w/ Kelly	SAC Aerobic Studio
2:00-2:40PM	<u>ABS</u> olutely About ABS w/ Dean	SAC Aerobic Studio
2:45-3:40PM	Spinning w/ Liz	SAC Spin Studio
3:45-5:15PM	Hatha Yoga w/ Pat	SAC Aerobic Studio

Saturday

10:30-11:25AM	Spinning w/ Lucille	SAC Spin Studio
11:30-12:25PM	Pump & Sculpt w/ Lucille	SAC Aerobic Studio
12:30-1:25PM	Kickboxing w/ Kelly	SAC Aerobics Studio

Visit our website at www.recreation.sunysb.edu

Program Notes:

- All classes begin on Tuesday, September 7, 2010 and will end on Saturday, December 11, 2010.
- NO CLASSES after 5pm on Wednesday, September 8—Friday, September 10, 2010.
- NO CLASSES after 5pm on Friday, September 17—Saturday, September 18, 2010.
- NO CLASSES after 3pm on Wednesday, November 24— Saturday, November 27, 2010.
- There will be no classes offered on Sundays.
- The Student Activities Center (SAC) Studios are located on the lower level, next to the bank.
- The Indoor Sports Complex (ISC) Dance Studio is located through the double doors across from the pool and one floor down.
- One free trail class pass is available for new faculty, staff and graduate students.
Please stop by the Wellness Center Office, SAC 225, for details.

**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.



Fall 2010

GROUP FITNESS CLASS SCHEDULE



Department of Campus Recreation

Division of Student Life

September 7, 2010– December 11, 2010





PARTICIPATION AND CHECK-IN POLICY YOU NEED AN SBU ID TO ENTER CLASSES!

The growth of the Group Fitness Program necessitates the need to limit the number of participants in fitness classes for member safety and enjoyment. Please note the participant capacity limits of 23 in the SAC and 30 in the ISC-Dance Studio. 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. To gain entry into the Indoor Sports Complex Dance Studio (ISC) you must use your SBU ID to check-in. All classes are first come, first serve. You may check in up to 30 minutes prior to the class start. **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 Center Office, SAC Room 225.

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

Unlimited Fall Classes (exp. December 11, 2010)	\$120.00
28 Fall Classes (exp. December 11, 2010)	\$98.00
14 Fall Classes (exp. December 11, 2010)	\$56.00
4 Fall Classes (exp. December 11, 2010)	\$18.00

Drop-In Class Schedule

	Time	Class	Location
Monday	12:00-12:55 PM	ZUMBA w/ Terry	SAC Aerobic Studio
	1:00-1:25PM	Ultimate Abs w/ Dean	SAC Aerobic Studio
	1:30-1:55PM	Spinning 101 w/ Dean	SAC Spin Studio
	2:00-2:55PM	Boot Camp w/ Dan	SAC Aerobic Studio
	3:50-5:10PM	Tae Kwon Do w/ Xristos	ISC– Dance Studio
	4:20-5:15PM	ZUMBA w/ Terry	SAC Aerobic Studio
	5:20-6:15PM	Pilates Mat w/ Lucille	SAC Aerobic Studio
	6:20-7:15PM	Spinning w/ Lucille	SAC Spin Studio
	6:20-7:15PM	Kripalu Yoga w/ Jeannean	ISC– Dance Studio
	7:20-8:15PM	Hip Hop w/ Damaris	SAC Aerobic Studio
	7:20-8:15PM	Belly Dancing w/ Sahita & Amanda	ISC– Dance Studio

Drop-In Class Schedule (cont.)

	Time	Class	Location
Tuesday	10:30-11:25AM	Pump & Pedal w/ Dean	SAC Spin Studio
	11:30-11:55AM	Fitness on the Wii	SAC Aerobic Studio
	12:00-12:55PM	Pump & Sculpt w/ Lucille	SAC Aerobic Studio
	1:00-1:55PM	Hatha Yoga w/ Pat	SAC Aerobic Studio
	4:45-5:15PM	Power Yoga w/ Kelly	ISC– Dance Studio
	4:50-5:15PM	Cross Training w/ Liz	SAC Aerobics Studio
	5:20-6:15PM	Spinning w/ Lucille	SAC Spin Studio
	5:20-6:15PM	Step to Kickboxing w/ Kelly	ISC– Dance Studio
	6:20-7:15PM	Boot Camp w/ Liz	SAC Aerobic Studio
	6:30-8:00PM	Reiki Circle w/ Nicole	SAC 309
Wednesday	10:30-10:55AM	Drums Alive/30min. Express w/ Dean	SAC Aerobics Studio
	11:00-11:55AM	Sweat Shop (Boot Camp) w/ Dean	SAC Aerobic Studio
	12:00-12:55PM	Core & More w/ Lucille	SAC Aerobic Studio
	1:00-1:55PM	Cardio Strength Interval w/ Claire	SAC Aerobic Studio
	3:30-4:25PM	Spinning w/ Claire	SAC Spin Studio
	4:30-5:25PM	Total Body w/ Claire	SAC Aerobic Studio
	5:20-6:15PM	Vinyasa Yoga w/ Jeannean	ISC– Dance Studio
	5:30-6:25PM	Pump & Sculpt w/ Dawn	SAC Aerobics Studio
	6:30-7:25PM	Cross Training w/ Liz	SAC Aerobics Studio
	7:30-8:25PM	Spinning w/ Liz	SAC Spin Studio
Thursday	10:30-11:25AM	Interval Spinning w/ Dean	SAC Spin Studio
	11:30-11:55AM	Butt & Gut w/ Dean	SAC Aerobic Studio
	12:00-12:55PM	Body Blitz w/ Lucille	SAC Aerobic Studio

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