

Drop-In Class Schedule (cont.)

Thursday

Time	Class	Location
1:00-1:55 PM	Breathe, Stretch, Relax & Meditate w/ Liz	SAC Aerobic Studio
3:50-4:45 PM	Hatha Yoga w/ Pat	SAC Aerobic Studio
4:50-5:15 PM	Ab Lab w/ Jeannean	SAC Aerobic Studio
5:20-6:15 PM	Spinning w/ Jeannean	SAC Spin Studio
6:15-6:45 PM	Intro to Step w/ Kristen	ISC-Dance Studio
6:20-7:15 PM	Kripalu Yoga w/ Jeannean	SAC Aerobic Studio
6:50-7:45 PM	Step Into Shape w/ Kristen	ISC-Dance Studio
7:20-8:50 PM	Women's ONLY Self Defense	SAC Aerobic Studio

Friday

12:00-12:55 PM	Pilates Mat w/ Lucille	SAC Aerobic Studio
1:00-1:55 PM	Drums Alive w/ Dean	SAC Aerobic Studio
1:00-1:55 PM	Boot Camp w/ Dan	ISC-Dance Studio
3:45-5:15 PM	Hatha Yoga w/ Pat	SAC Aerobic Studio
5:20-6:15 PM	Spinning w/ Liz	SAC Spin Studio

Saturday

10:00-10:55 AM	Spinning w/ Lucille	SAC Spin Studio
11:00-11:55 AM	Pump & Sculpt w/ Lucille	SAC Aerobic Studio

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

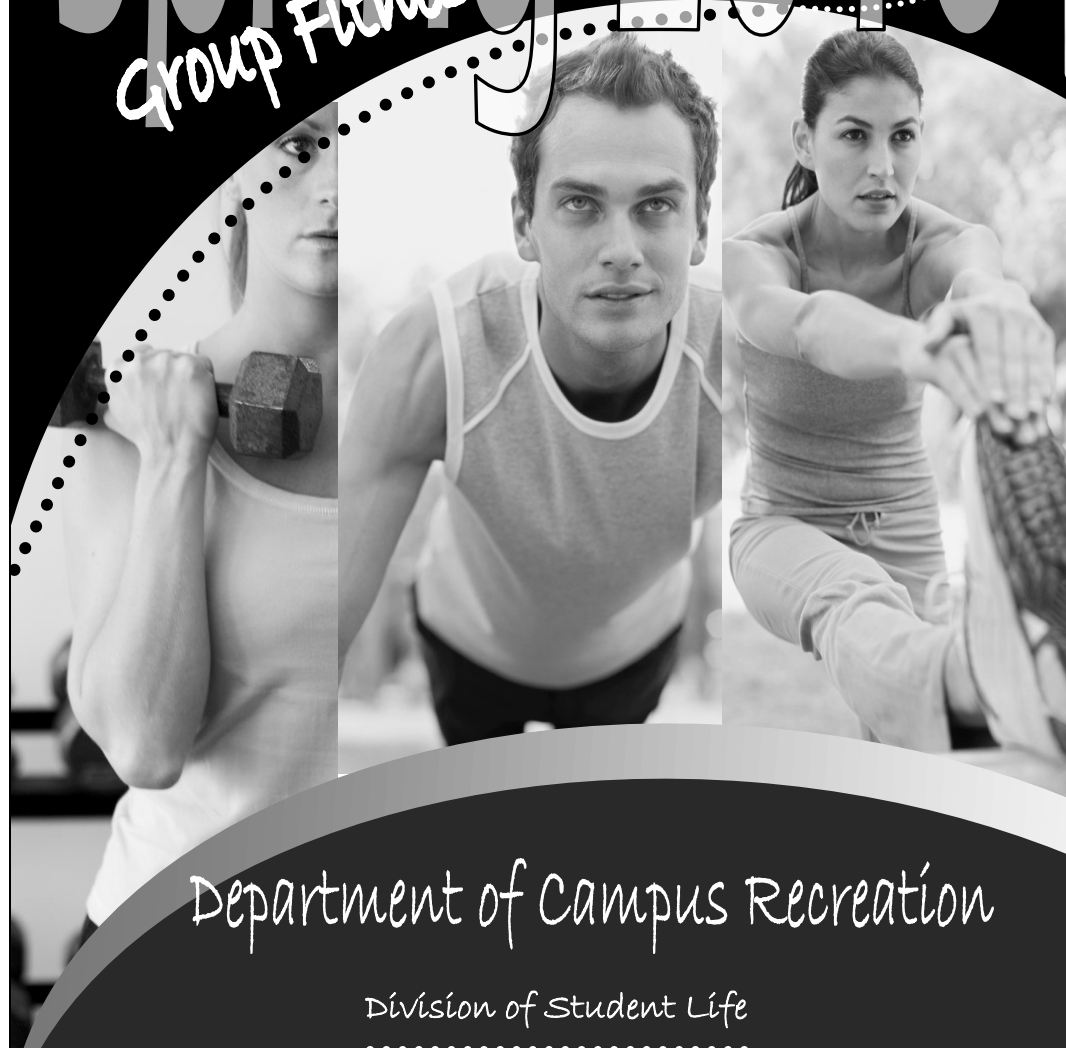
Program Notes:

- All classes begin on Monday, February 1, 2010 and will end on Saturday, May 8, 2010.
- All classes from 3/26/10 after 2:00pm - 4/4/10 are CANCELLED in accordance with spring recess.
- 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.

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Spring 2010 Group Fitness Class Schedule



Department of Campus Recreation

Division of Student Life

February 1, 2010-May 8, 2010



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PARTICIPATION AND CHECK-IN POLICY
YOU NEED A WRISTBAND 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 32 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 and receive a wristband. 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 Spring Classes (exp. May 8,2010)	\$120.00
28 Spring Classes (exp. May 8,2010)	\$98.00
14 Spring Classes (exp. May 8,2010)	\$56.00
4 Spring Classes (exp. May 8,2010)	\$18.00

Drop-In Class Schedule

Monday

Time	Class	Location
12:00-12:55 PM	Pump & Sculpt w/ Dawn	SAC Aerobic Studio
1:00-1:55 PM	Drums Alive w/ Dean	SAC Aerobic Studio
2:00-2:55 PM	Circuit Training w/ Dean	SAC Aerobic Studio
3:50-5:10 PM	Tae Kwon Do w/ Xristos	ISC-Dance Studio
5:20-6:15 PM	Pilates Mat w/ Lucille	SAC Aerobic Studio
6:20-7:15 PM	Spinning w/ Lucille	SAC Spin Studio
7:20-8:15 PM	Hip Hop w/ Damaris	SAC Aerobic Studio
7:20-8:15 PM	Total Body w/ Jeannean	ISC-Dance Studio
8:20-9:15 PM	Kripalu Yoga w/ Jeannean	ISC-Dance Studio

Drop-In Class Schedule (cont.)

Tuesday

Time	Class	Location
8:00-8:25 AM	TNT–Tone n’ Tighten w/ Dean	SAC Aerobic Studio
8:30-9:25 AM	Spinning w/ Dean	SAC Spin Studio
12:00-12:55 PM	Core n’ More w/ Dawn	SAC Aerobic Studio
1:00-1:55 PM	Hatha Yoga w/ Pat	SAC Aerobic Studio
4:50-5:15 PM	HardCORE w/ Lucille	SAC Aerobic Studio
5:20-6:15 PM	Spinning w/ Lucille	SAC Spin Studio
6:20-7:15 PM	Boot Camp w/ Liz	SAC Aerobic Studio
6:20-7:15 PM	Cardio Kickboxing w/ Kristen	ISC-Dance Studio
6:30-8:00 PM	Reiki Circle	SAC 309
7:20-7:45 PM	Ab Lab w/ Kristen	ISC-Dance Studio

Wednesday

12:00-12:55 PM	Cardio Fusion w/ Lucille	SAC Aerobic Studio
1:00-1:25 PM	HardCORE w/ Dawn	SAC Aerobic Studio
1:30-2:25 PM	Boot Camp w/ Dan	SAC Aerobic Studio
3:30-4:25 PM	Cardio Strength Intvl w/ Steph	ISC-Dance Studio
3:30-4:25 PM	Spinning w/ Claire	SAC Spin Studio
4:30-5:25 PM	Total Body w/ Claire	SAC Aerobic Studio
5:30-6:25 PM	ABC’s (Abs-Buns-Core) w/ Dawn	SAC Aerobic Studio
6:20-7:15 PM	Vinyasa Yoga w/ Jeannean	ISC-Dance Studio
6:30-7:25 PM	Cross Training w/ Liz	SAC Aerobic Studio
7:20-8:15 PM	Belly Dancing w/ Sahita & Amanda	ISC-Dance Studio
7:30-8:25 PM	Spinning w/ Liz	SAC Spin Studio

Thursday

10:00-11:30 AM	Interval Spinning w/ Dean	SAC Spin Studio
12:00-12:55 PM	Body Blitz w/ Dawn & Lucille	SAC Aerobics Studio



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