

## Drop-In Class Schedule (cont.)

Thursday

Time	Class	Location
3:50-4:45PM	Hatha Yoga w/ Patricia	SAC Aerobics Studio
4:15-5:10PM	Boot Camp w/ Dan	ISC– Dance Studio
4:50-5:15PM	Ab Lab w/ Jeannean	SAC Aerobics Studio
5:15-6:10PM	Cardio Craze w/ Liz	ISC– Dance Studio
5:20-6:15PM	Spinning w/ Jeannean	SAC Spin Studio
6:15-6:45PM	Ab Attack w/ Lexie	ISC– Dance Studio
6:20-7:15PM	Kripalu Yoga w/ Jeannean	SAC Aerobics Studio
6:50-7:45PM	Muscle Mash Up w/ Lexie	ISC– Dance Studio
7:20-8:15PM	Women's Only Self Defense w/ UPD	SAC Aerobics Studio
8:20-8:50PM	Self Defense w/ UPD	SAC Aerobics Studio

Friday

12:00-12:55PM	Pilates Mat w/ Lucille	SAC Aerobics Studio
1:00-1:45PM	ABSolutely about ABS w/ Dean	SAC Aerobics Studio
1:50-2:40PM	Cardio-Combo w/ Dean	SAC Aerobics Studio
2:45-3:40PM	Spinning w/ Liz	SAC Spin Studio
3:45-5:15PM	Hatha Yoga w/ Patricia	SAC Aerobics Studio
5:20-6:15PM	Spinning w/ Talia	SAC Spin Studio

Saturday

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

Visit our website at [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)

**Program Notes:**

- All classes begin on Monday February 7, 2011 and will end on Saturday, May 14, 2011.
- NO CLASSES after 1:45pm on Friday, April 15—Saturday, April 23, 2011.
- Schedule subject to change without notice. There will be no classes offered on Sundays.
- Each class needs at least 3 participants in order for instructor to teach class. If not class is canceled and participants can remain in space and use equipment.
- 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](http://www.recreation.sunysb.edu).



# Spring 2011

Group Fitness Class Schedule

Department of Campus Recreation

Division of Student Life

February 7, 2011—May 14, 2011





**PARTICIPATION AND CHECK-IN POLICY  
YOU NEED AN SBU/C-REC 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. 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 or C-REC ID to check-in. To gain entry into the Indoor Sports Complex Dance Studio (ISC) you must use your SBU ID or C-REC ID to check-in. All classes are first come, first serve. You may check in up to 30 minutes prior to the class start. See Program Notes for more information.

**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)*

<b>Unlimited</b> Fall Classes (exp. May 14, 2011)	\$120.00
28 Fall Classes (exp. May 14, 2011)	\$98.00
14 Fall Classes (exp. May 14, 2011)	\$56.00
4 Fall Classes (exp. May 14, 2011)	\$18.00

**Drop-In Class Schedule**

**Monday**

Time	Class	Location
12:00-12:55PM	ZUMBA w/ Terry	SAC Aerobics Studio
1:00-1:55PM	Circuit Training w/ Dean	SAC Aerobics Studio
2:00-2:35PM	BOSU Blast	SAC Aerobics Studio
3:50-5:10PM	Tae Kwon Do w/ Xristos	ISC– Dance Studio
5:15-6:20PM	Boot Camp w/ Liz	ISC– Dance Studio
5:20-6:15PM	Pilates Mat w/ Lucille	SAC Aerobics Studio
6:20-7:15PM	Spinning w/ Lucille	SAC Spin Studio
6:25-7:20PM	Total Body w/ Jeannean	ISC– Dance Studio
7:20-8:15PM	Hip Hop w/ Damaris	SAC Aerobics Studio
7:25-8:20PM	Belly Dancing w/ Sahita	ISC– Dance Studio

**Drop-In Class Schedule (cont.)**

**Tuesday**

Time	Class	Location
11:00-11:55AM	Cardio Strength Interval w/ Claire	SAC Aerobics Studio
12:00-12:55PM	Total Body w/ Claire	SAC Aerobics Studio
1:00-1:55PM	Hatha Yoga w/ Patricia	SAC Aerobics Studio
2:00-2:55PM	Spinning w/ Claire	SAC Spin Studio
3:00-3:55PM	Sweat Shop w/ Dean	SAC Aerobics 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	Boot Camp w/ Dan	ISC– Dance Studio
6:20-7:15PM	Cardio Boxing w/ Liz	SAC Aerobics Studio
6:30-8:00PM	Reiki Circle w/ Nicole	SAC 309

**Wednesday**

11:30-11:55AM	Tone & Tighten w/ Dean	SAC Aerobics Studio
12:00-12:55PM	Core & More w/ Lucille	SAC Aerobics Studio
3:30-4:25pPM	Power Yoga w/ Talia	SAC Aerobics Studio
3:45-4:40PM	Step & Tone w/ Lexie	ISC– Dance Studio
4:30-5:25PM	Spinning w/ Talia	SAC Spin Studio
4:45-5:15PM	Kickboxing w/ Lexie	ISC– Dance 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	Spinning w/ Liz	SAC Spin Studio
7:30-8:25PM	Breathe, Stretch, Relax & Meditate w/ Liz	SAC Aerobics Studio

**Thursday**

10:30-11:55AM	SPIN SPIN SPIN w/ Dean	SAC Spin Studio
12:00-12:55PM	Pump & Sculpt w/ Lucille	SAC Aerobics Studio
1:00-1:55PM	ZUMBA w/ Terry	SAC Aerobics Studio

Visit our website at [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) for more information & descriptions on fitness classes.