

Winter 2010

Group Fitness Schedule



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 size limit is 23 participants. 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. 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!

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

Unlimited Classes \$84.00
14 Classes \$49.00
4 Classes \$16.00

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.

**ALL CLASSES ARE HELD IN THE BASEMENT OF
THE STUDENT ACTIVITIES CENTER AEROBICS
STUDIO & SPIN STUDIO, NEXT TO THE BANK.**

Tuesday, January 5 - Friday, January 22, 2010

<u>Day</u>	<u>Time</u>	<u>Class</u>
Tuesday	12:00-12:55 pm	Pump & Sculpt w/ Lucille
Tuesday	5:30-6:25 pm	Cardio Kickboxing w/ Kristen
Tuesday	6:30-6:55 pm	Ab Lab w/ Dean
Tuesday	7:00-7:55 pm	Spinning w/ Dean
Wednesday	12:00-12:55 pm	Core n' More w/ Dawn
Wednesday	5:15-6:10 pm	Cross Training w/ Liz
Wednesday	6:15-7:10 pm	Cardio Strength Interval w/ Stephanie
Thursday	12:00-12:55 pm	Cardio Fusion w/ Lucille
Thursday	1:00-1:55 pm	Yoga w/ Jeannean
Thursday	5:15-6:10 pm	Spinning w/ Dean
Friday	12:00-12:55 pm	Body Blitz w/ Dawn

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

