

Summer 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 start of class and receive a wristband to reserve your spot. 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 Classes \$98.00
14 Classes \$56.00
4 Classes \$18.00

Valid only for Summer

CLASSES ARE HELD IN THE BASEMENT OF THE STUDENT ACTIVITIES CENTER AEROBICS STUDIO & SPIN STUDIO, NEXT TO THE BANK UNLESS NOTED OTHERWISE

<u>Day</u>	<u>Time</u>	<u>Class</u>
Tuesday	12:00-12:55pm	Pump & Sculpt w/ Dawn
Tuesday	1:00-1:55pm	Spinning w/ Dean
Tuesday	5:15-6:10pm	Circuit Training (Wellness Center, SAC 307) w/ Dean (15 participants max)
Tuesday	6:30-8:00pm	Reiki Circle (SAC Sculpture Garden– Rain Site SAC 309) w/ Nicole
Wednesday	12:00-12:55pm	Core n' More w/ Dawn
Wednesday	1:00-1:55pm	Yoga w/ Jeannean
Wednesday	2:00-2:30pm	Ab Lab w/ Jeannean
Wednesday	5:15-6:10pm	Spinning w/ Lucille
Thursday	9:30-10:00am	TNT (Tone & Tighten) w/ Dean
Thursday	10:05-11:00am	Spinning w/ Dean
Thursday	12:00-12:55pm	Body Blitz w/ Lucille
Friday	12:00-12:55pm	Pilates w/ Lucille
Friday	1:00-1:55pm	Boot Camp w/ Dean

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

