

Drop-In Class Schedule (cont.)

	Time	Class	Location
Thursday	12:00 - 12:55 PM	Body Blitz w/ Lucille & Dawn (max 23 participants)	SAC Aerobic Studio
	1:00 - 1:55 PM	Breathe, Stretch, Relax & Meditate w/ Liz (max 23 participants)	SAC Aerobic Studio
	4:50 - 5:15 PM	Ab Lab w/ Jeannean (max 23 participants)	SAC Aerobic Studio
	5:20 - 6:15 PM	Spinning w/ Jeannean (max 23 participants)	SAC Spin Studio
	6:20 - 7:15 PM	Kripalu Yoga w/ Jeannean (max 23 participants)	SAC Aerobic Studio
Friday	12:00 - 12:55 PM	Pilates Mat w/ Lucille (max 23 participants)	SAC Aerobic Studio
	1:00 - 1:55 PM	Boot Camp w/ Dan (max 23 participants)	SAC Aerobic Studio
	3:00 - 4:25 PM	Hatha Yoga w/ Pat (max 23 participants)	SAC Aerobic Studio
	4:45 - 5:40 PM	Spinning w/ Liz (max 23 participants)	SAC Spin Studio
Saturday	10:00 - 10:55 AM	Spinning w/ Lucille (max 23 participants)	SAC Spin Studio
	11:00 - 11:25 AM	HardCORE w/ Lucille (max 23 participants)	SAC Aerobic Studio

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

Program Notes:

- All classes begin on Tuesday, September 8, 2009 and will end on Saturday, December 12, 2009.
- There will be no classes after 2:00 pm on Friday, 9/18/09.
- There will be no Reiki on Tuesday, November 24, 2009.
- All classes on: Monday, 9/7/09; Saturday, 9/19/09; Monday, 9/28/09; Wednesday, 11/25/09; Thursday, 11/26/09; Friday, 11/27/09; and Saturday, 11/28/09 are CANCELED in accordance with the academic calendar.
- 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



Department of Campus Recreation

Division of Student Life

September 8, 2009 - December 12, 2009



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 limits listed by each class. 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 Fall Classes (exp. December 12, 2009)	\$99.00
28 Fall Classes (exp. December 12, 2009)	\$84.00
14 Fall Classes (exp. December 12, 2009)	\$49.00
4 Fall Classes (exp. December 12, 2009)	\$16.00

Drop-In Class Schedule

Monday

Time	Class	Location
12:00 - 12:55 PM	Pump & Sculpt w/ Dawn (max 23 participants)	SAC Aerobic Studio
3:50 - 5:10 PM	Tae Kwon Do w/ Xristos (max 32 participants)	ISC – Dance Studio
5:20 - 6:15 PM	Pilates Mat w/ Lucille (max 23 participants)	SAC Aerobic Studio
6:20 - 7:15 PM	Spinning w/ Lucille (max 23 participants)	SAC Spin Studio
7:20 - 8:15 PM	Total Body w/ Jeannean (max 32 participants)	ISC – Dance Studio
7:20 - 8:15 PM	Hip Hop w/ Damaris (max 23 participants)	SAC Aerobic Studio
8:20 - 9:15 PM	Kripalu Yoga w/ Jeannean (max 32 participants)	ISC – Dance Studio

Drop-In Class Schedule (cont.)

Time	Class	Location
12:00 - 12:55 PM	Core n' More w/ Dawn (max 23 participants)	SAC Aerobic Studio
1:00 - 1:55 PM	Hatha Yoga w/ Pat (max 23 participants)	SAC Aerobic Studio
4:50 - 5:15 PM	HardCORE w/ Lucille (max 23 participants)	SAC Aerobic Studio
5:20 - 6:15 PM	Adv. Boot Camp w/ Dan (max 32 participants)	ISC - Dance Studio
5:20 - 6:15 PM	Spinning w/ Lucille (max 23 participants)	SAC Spin Studio
6:20 - 7:15 PM	Core Conditioning w/ Dawn (max 23 participants)	SAC Aerobic Studio
6:20 - 7:15 PM	Cardio Kickboxing w/ Jemi (max 32 participants)	ISC – Dance Studio
6:30 - 8:00 PM	Reiki Circle (max 18 participants)	SAC 309
7:20 - 7:45 PM	Ab Lab w/ Jemi (max 32 participants)	ISC – Dance Studio

Tuesday

12:00 - 12:55 PM	Cardio Fusion w/ Lucille (max 23 participants)	SAC Aerobic Studio
1:00 - 1:25 PM	HardCORE w/ Dawn (max 23 participants)	SAC Aerobic Studio
4:50 - 5:20 PM	30 Min. Express w/ Claire (max 23 participants)	SAC Aerobic Studio
5:20 - 6:15 PM	Latin Explosion w/ Damaris (max 32 participants)	ISC – Dance Studio
5:25 - 6:20 PM	Spinning w/ Claire (max 23 participants)	SAC Spin Studio
6:20 - 7:15 PM	Vinyasa Yoga w/ Jeannean (max 32 participants)	ISC – Dance Studio
6:25 - 7:20 PM	Intense Cross Training w/ Liz (max 23 participants)	SAC Aerobic Studio
7:25 - 8:20 PM	Boot Camp w/ Jemi (max 23 participants)	SAC Aerobic Studio
7:20 - 8:15 PM	Belly Dancing w/ Sahita & Amanda (max 32 participants)	ISC – Dance Studio

Wednesday

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