

Winter 2011

Group Fitness Schedule



PARTICIPATION AND CHECK-IN POLICY:

YOU NEED YOUR SBU ID CARD 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 with your SBU ID Card. It is advised that you arrive early!

Registered undergraduate students can participate for free.

Faculty, staff and graduate students require a group fitness 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.

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

Tuesday, January 4 - Friday, January 21, 2011

<u>Day</u>	<u>Time</u>	<u>Class</u>
Tuesday	12:00—12:55 pm	Pump & Sculpt w/ Lucille
Tuesday	5:05—5:25pm	Ultimate Abs w/ Dean
Tuesday	5:30—6:25pm	Spinning w/ Dean
Wednesday	12:00—12:55pm	Core & More w/ Lucille
Wednesday	5:15—6:10pm	Yoga w/ Jeannean
Wednesday	6:15—7:10pm	Spinning w/ Jeannean
Thursday	11:00—11:55am	Spinning w/ Dean
Thursday	12:00—12:55 pm	Cardio Fusion w/ Lucille
Thursday	1:00—1:30pm	Kickboxing w/ Lexie
Thursday	1:35—2:00pm	Ab Attack w/ Lexie
Thursday	5:15—6:15pm	Spinning w/ Lucille
Friday	12:00—12:55pm	Pilates Mat w/ Lucille
Friday	1:00—1:55pm	Muscle Mash Up w/ Lexie



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

