

# Healthier U

## Fall 2016 Fitness Classes

WELLNESS IN THE WORKPLACE

[www.stonybrook.edu/healthieru](http://www.stonybrook.edu/healthieru)

**TO REGISTER:** Visit the Healthier U homepage and follow the registration information. All non-members of the Campus Recreation Center will also receive a free 5-visit pass to use any-time throughout the summer (expires Sunday, 12/11).

**LOCATION:** Walter J. Hawrys Campus Recreation Center. Visit [stonybrook.edu/recreation](http://stonybrook.edu/recreation) for additional information on classes and other program offerings. For membership inquiries, including spouse memberships, contact Durrone Newman at 632-3277.



DAY	TIME	CLASS	LOCATION
Tuesday, 9/20	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 9/21	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 9/22	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Tuesday, 9/27	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 9/28	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 9/29	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Tuesday, 10/4	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 10/5	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 10/6	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Tuesday, 10/11	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 10/12	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 10/13	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Monday, 10/17	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 10/18	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 10/19	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 10/20	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Monday, 10/24	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 10/25	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 10/26	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 10/27	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Monday, 10/31	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 11/1	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 11/2	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 11/3	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Monday, 11/7	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 11/8	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 11/9	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 11/10	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Monday, 11/14	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 11/15	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 11/16	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 11/17	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Monday, 11/21	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 11/22	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Monday, 11/28	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 11/29	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 11/30	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 12/1	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128
Monday, 12/5	1:00 - 1:30pm	Yoga	Wellness Studio 128
Tuesday, 12/6	1:00 - 1:30pm	Cycle Fit	Wellness Studio 211
Wednesday, 12/7	1:15 - 1:45pm	Dance Fit	Wellness Studio 128
Thursday, 12/8	1:15 - 1:45pm	Pump & Sculpt	Wellness Studio 128

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[HealthierU@stonybrook.edu](mailto:HealthierU@stonybrook.edu)