

Healthier U

Spring 2016 Fitness Classes

WELLNESS IN THE WORKPLACE

www.stonybrook.edu/healthieru

TO REGISTER: Visit the *PROGRAMS* tab on the Healthier U website and follow the registration link. All non-members of the Campus Recreation Center will also receive a free 5-day pass to use anytime throughout the semester (expires Sunday, May 8).

LOCATION: Walter J. Hawrys Campus Recreation Center. Visit 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
Monday, 2/8	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 2/9	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 2/12	12:00 - 12:30pm	Yoga	Wellness Studio 128
Monday, 2/15	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 2/16	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 2/19	12:00 - 12:30pm	Core & More	Wellness Studio 128
Monday, 2/22	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 2/23	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 2/26	12:00 - 12:30pm	Yoga	Wellness Studio 128
Monday, 2/29	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 3/1	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 3/4	12:00 - 12:30pm	Core & More	Wellness Studio 128
Monday, 3/7	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 3/8	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Monday, 3/21	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 3/22	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 3/25	12:00 - 12:30pm	Yoga	Wellness Studio 128
Monday, 3/28	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 3/29	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 4/1	12:00 - 12:30pm	Core & More	Wellness Studio 128
Monday, 4/4	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 4/5	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 4/8	12:00 - 12:30pm	Yoga	Wellness Studio 128
Monday, 4/11	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 4/12	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 4/15	12:00 - 12:30pm	Core & More	Wellness Studio 128
Monday, 4/18	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 4/19	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 4/22	12:00 - 12:30pm	Yoga	Wellness Studio 128
Monday, 4/25	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 4/26	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 4/29	12:00 - 12:30pm	Core & More	Wellness Studio 128
Monday, 5/2	12:15 - 12:45pm	Body Sculpt	Wellness Studio 128
Tuesday, 5/3	12:30 - 1:00pm	Cycle Fit	Wellness Studio 211
Friday, 5/6	12:00 - 12:30pm	Yoga	Wellness Studio 128

