

SBU Meyer Wellness Center

Spring 2012 Fitness Schedule

Classes begin Monday, January 23th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am-8:45am	PiYo Leslie	Basic Boxing & Step Abby	Body Sculpting Leslie	Aqua Chelle	Zumba Leslie
12:10pm-12:50pm	Body Sculpting Lisa	Pilates Lisa	Kickboxing Leslie	Cardio Step Lisa	Stretching & Strengthening-Kathy
4:00pm-5:00pm	Body Sculpting Abby	Zumba Lisa	4-4:45 Cardio Step 4:45-5 Killer Abs Abby	4-4:30 Kickboxing 4:30-5 Pilates Abby	
5:15pm-6:00pm	Cardio Step Abby Aqua Kelsey	Balls & Bands Lisa	PiYo Kathy	Body Sculpting Abby Aqua Kelsey	
8:00pm-8:45pm	Zumba Jenna	Boot Camp Doug Aug 1/24-3/13 Ballroom Dance Chelle 3/27-5/1		Zumba Jenna	
9:00pm-9:45pm			Zumba Jenna		

Class Descriptions-

Aqua Aerobics- Working out in the pool adds 10x the resistance of land & is easy on our joints. Get a great cardio workout & use the water resistance to tone up too.

Balls & Bands- Get a stronger more toned body with this class designed to increase muscular strength of legs, abs, gluts, and arms with the use of stability balls, medicine balls, and exercise bands.

Ballroom Dance- This special six week class is offered totally FREE with a dance instructor with over 25 years of experience. You will be taught the full choreography of 3 ballroom dances that can be used at weddings and ceremonies for the rest of your life. Come with a partner or get one when you come to class but don't miss this opportunity to learn for free what would normally cost hundreds. March 27-May 1

Body Sculpting- A class that should be added to everyone's workout, an hour of toning & strengthening! We use stability balls, weights, exercise bands, jump ropes & floor mats to firm up our legs, butt, abs, waist and arms. One of our most popular classes!

Boot Camp- This eight week class alternates strength training exercises with aerobic activities to give you the ultimate total body workout. This class incorporates exercises designed to enhance agility, speed, power, strength and endurance. Boot Camp prepares you, to be ready for anything life brings. Information and techniques in preparing physically, mentally, emotionally and spiritually to survive hiking & mission adventures, from the adventurous to the extreme. Instructor: Doug Aug Assistant: Kelly Rehm January 24-March 13

Cardio Step- Step aerobics is one of the best ways to get a great cardio workout while strengthening your total body.

Killer Abs- 15 minutes of focused ab work!

Pilates- Uses the body's own resistance to strengthen & slim down the core area of the body. Feel lengthened & leaner through your abs, waste line and lower back.

PiYo- Salutations, Vinyasa, Asanas, and poses of strength and flexibility blended into the core strengthening exercises of Pilates. A class that will strengthen the entire body with long lean muscles while increasing flexibility and balance.

Kickboxing- A fabulous cardio work-out using kick boxing techniques and moves, great work-out for legs, butt, abs and arms.

Stretching & Strengthening – A time for intense stretching & strengthening the body using your own body weight as resistance in a relaxed atmosphere. Focused work on increasing flexibility & balance is part of this class.

Zumba- The most popular cardio workout in the nation right now. A fun and upbeat class using Latin style dance moves to create a great cardio workout that really works the core of the body.