# SBU Meyer Wellness Center
## Summer 2018 Fitness Schedule
### June 4th - July 27th

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am - 8:45am</td>
<td>Body Sculpting Abby</td>
<td>Zumba Abby</td>
<td>Stretch &amp; Flex Kathy</td>
<td>Cardio Step-Kickboxing Abby</td>
<td>Aqua Kathy</td>
</tr>
<tr>
<td>12:10pm - 12:50pm</td>
<td>Body Sculpting Kensey</td>
<td>PiYo Kathy</td>
<td>Body Sculpting Abby</td>
<td>Stretch &amp; Flex Kathy</td>
<td></td>
</tr>
<tr>
<td>5:15pm - 6:00pm</td>
<td>Step Abby</td>
<td>Complete Tone Kensey</td>
<td>Body Sculpting Kensey</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Class Descriptions**

**Aqua** - 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.

**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!

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

**Cardio Step Kickboxing** - A fabulous cardio workout combing two favorites: cardio step and kickboxing. This class will boost your heart rate while working your entire body.

**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.

**Step** - This class uses the Step for a high intensity cardio workout. Step will not only provide a great cardio workout, but also focuses on toning your hips, thighs, butt, and abs.

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

**Zumba** - This workout is disguised as a dance party! The choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, Bollywood, and belly dancing to get your heart pumping!