

Healthier U

Spring 2018 Fitness Classes

WELLNESS IN THE WORKPLACE

www.stonybrook.edu/healthieru

TO REGISTER: Visit the Healthier U homepage and follow the registration information.

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 Durrion Newman at 632-3277.



| DAY | TIME | CLASS | INSTRUCTOR | LOCATION |
|-----------------|-----------------|---------------|------------|----------|
| Tuesday, 2/13 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 2/14 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 2/15 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 2/16 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 2/20 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 2/21 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 2/22 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 2/23 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 2/27 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 2/28 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 3/1 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 3/2 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 3/6 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 3/7 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 3/8 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 3/9 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 3/20 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 3/21 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 3/22 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 3/23 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 3/27 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 3/28 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 3/29 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 3/30 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 4/3 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 4/4 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 4/5 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 4/6 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 4/10 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 4/11 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 4/12 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 4/13 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 4/17 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 4/18 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 4/19 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 4/20 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 4/24 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 4/25 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 4/26 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 4/27 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |
| Tuesday, 5/1 | 12:00 - 12:30pm | Pump & Sculpt | Jared | WS 128 |
| Wednesday, 5/2 | 12:15 - 1:00pm | Zumba | Osama | WS 128 |
| Thursday, 5/3 | 12:00 - 12:30pm | Cardio Sculpt | Pamela | WS 128 |
| Friday, 5/4 | 12:15 - 12:45pm | Core & More | Jared | WS 128 |

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