

Healthier U

WELLNESS IN THE WORKPLACE

www.stonybrook.edu/healthieru

Spring 2017 Fitness Classes

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 Durron Newman at 632-3277.



DAY	TIME	CLASS	INSTRUCTOR	LOCATION	DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Tuesday, 2/14	7:45 - 8:15am	Pump & Sculpt	Ashley	WS 128	Tuesday, 4/4	1:00 - 1:30pm	Yoga	Sara	WS 216
Tuesday, 2/14	1:00 - 1:30pm	Yoga	Sara	WS 216	Wednesday, 4/5	7:45 - 8:15am	Intro to Pilates	Lucille	WS 216
Thursday, 2/16	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128	Thursday, 4/6	7:45 - 8:15am	Core & More	Ashley	WS 216
Monday, 2/20	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211	Thursday, 4/6	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128
Tuesday, 2/21	1:00 - 1:30pm	Yoga	Sara	WS 216	Monday, 4/10	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211
Wednesday, 2/22	7:45 - 8:15am	Intro to Pilates	Lucille	WS 216	Tuesday, 4/11	7:45 - 8:15am	Pump & Sculpt	Ashley	WS 128
Thursday, 2/23	7:45 - 8:15am	Core & More	Ashley	WS 216	Tuesday, 4/11	12:15 - 12:45pm	Dance Fit	Lucille	WS 216
Thursday, 2/23	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128	Tuesday, 4/11	1:00 - 1:30pm	Yoga	Sara	WS 216
Monday, 2/27	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211	Thursday, 4/13	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128
Tuesday, 2/28	7:45 - 8:15am	Pump & Sculpt	Ashley	WS 128	Monday, 4/17	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211
Tuesday, 2/28	12:15 - 12:45pm	Dance Fit	Lucille	WS 216	Tuesday, 4/18	12:15 - 12:45pm	Dance Fit	Lucille	WS 216
Tuesday, 2/28	1:00 - 1:30pm	Yoga	Sara	WS 216	Tuesday, 4/18	1:00 - 1:30pm	Yoga	Sara	WS 216
Thursday, 3/2	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128	Thursday, 4/20	7:45 - 8:15am	Core & More	Ashley	WS 216
Monday, 3/6	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211	Thursday, 4/20	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128
Tuesday, 3/7	12:15 - 12:45pm	Dance Fit	Lucille	WS 216	Monday, 4/24	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211
Tuesday, 3/7	1:00 - 1:30pm	Yoga	Sara	WS 216	Tuesday, 4/25	7:45 - 8:15am	Pump & Sculpt	Ashley	WS 128
Thursday, 3/9	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128	Tuesday, 4/25	12:15 - 12:45pm	Dance Fit	Lucille	WS 216
Monday, 3/13	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211	Wednesday, 4/26	7:45 - 8:15am	Intro to Pilates	Lucille	WS 216
Tuesday, 3/14	7:45 - 8:15am	Pump & Sculpt	Ashley	WS 128	Thursday, 4/27	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128
Tuesday, 3/14	12:15 - 12:45pm	Dance Fit	Lucille	WS 216	Monday, 5/1	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211
Tuesday, 3/14	1:00 - 1:30pm	Yoga	Sara	WS 216	Tuesday, 5/2	12:15 - 12:45pm	Dance Fit	Lucille	WS 216
Wednesday, 3/15	7:45 - 8:15am	Intro to Pilates	Lucille	WS 216	Tuesday, 5/2	1:00 - 1:30pm	Yoga	Sara	WS 216
Thursday, 3/16	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128	Thursday, 5/4	7:45 - 8:15am	Core & More	Ashley	WS 216
Monday, 3/20	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211	Thursday, 5/4	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128
Tuesday, 3/21	12:15 - 12:45pm	Dance Fit	Lucille	WS 216	Monday, 5/8	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211
Tuesday, 3/21	1:00 - 1:30pm	Yoga	Sara	WS 216	Tuesday, 5/9	7:45 - 8:15am	Pump & Sculpt	Ashley	WS 128
Thursday, 3/23	7:45 - 8:15am	Core & More	Ashley	WS 216	Tuesday, 5/9	12:15 - 12:45pm	Dance Fit	Lucille	WS 216
Thursday, 3/23	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128	Tuesday, 5/9	1:00 - 1:30pm	Yoga	Sara	WS 216
Monday, 3/27	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211	Thursday, 5/11	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128
Tuesday, 3/28	7:45 - 8:15am	Pump & Sculpt	Ashley	WS 128	Monday, 5/15	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211
Tuesday, 3/28	12:15 - 12:45pm	Dance Fit	Lucille	WS 216	Tuesday, 5/16	12:15 - 12:45pm	Dance Fit	Lucille	WS 216
Tuesday, 3/28	1:00 - 1:30pm	Yoga	Sara	WS 216	Tuesday, 5/16	1:00 - 1:30pm	Yoga	Sara	WS 216
Thursday, 3/30	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128	Wednesday, 5/17	7:45 - 8:15am	Intro to Pilates	Lucille	WS 216
Monday, 4/3	12:15 - 12:45pm	Cycle Fit	Lucille	WS 211	Thursday, 5/18	7:45 - 8:15am	Core & More	Ashley	WS 216
Tuesday, 4/4	12:15 - 12:45pm	Dance Fit	Lucille	WS 216	Thursday, 5/18	1:00 - 1:30pm	Pump & Sculpt	Dawn	WS 128