

Healthier U

Summer 2017 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, 6/27 | 12:00 - 1:00pm | Yoga | Patricia | Wellness Studio 128 |
| Wednesday, 6/28 | 12:45 - 1:15pm | Zumba | Rose | Wellness Studio 216 |
| Thursday, 6/29 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |
| Wednesday, 7/5 | 12:45 - 1:15pm | Zumba | Rose | Wellness Studio 216 |
| Thursday, 7/6 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |
| Tuesday, 7/11 | 12:00 - 1:00pm | Yoga | Patricia | Wellness Studio 128 |
| Thursday, 7/13 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |
| Tuesday, 7/18 | 12:00 - 1:00pm | Yoga | Patricia | Wellness Studio 128 |
| Wednesday, 7/19 | 12:45 - 1:15pm | Zumba | Rose | Wellness Studio 216 |
| Thursday, 7/20 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |
| Tuesday, 7/25 | 12:00 - 1:00pm | Yoga | Patricia | Wellness Studio 128 |
| Wednesday, 7/26 | 12:45 - 1:15pm | Zumba | Rose | Wellness Studio 216 |
| Thursday, 7/27 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |
| Tuesday, 8/1 | 12:00 - 1:00pm | Yoga | Patricia | Wellness Studio 128 |
| Wednesday, 8/2 | 12:45 - 1:15pm | Zumba | Rose | Wellness Studio 216 |
| Thursday, 8/3 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |
| Tuesday, 8/8 | 12:00 - 1:00pm | Yoga | Patricia | Wellness Studio 128 |
| Thursday, 8/10 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |
| Tuesday, 8/15 | 12:00 - 1:00pm | Yoga | Patricia | Wellness Studio 128 |
| Wednesday, 8/16 | 12:45 - 1:15pm | Zumba | Rose | Wellness Studio 216 |
| Thursday, 8/17 | 11:45am - 12:15pm | POUND | Rose | Wellness Studio 216 |

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