



Healthier U

Summer 2016 Fitness Classes

WELLNESS IN THE WORKPLACE

www.stonybrook.edu/healthieru

TO REGISTER: Visit the Healthier U homepage and follow the registration information. All non-members of the Campus Recreation Center will also receive a free 5-visit pass to use anytime throughout the summer (expires Sunday, August 21).

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 Durrone Newman at 632-3277.

DAY	TIME	CLASS	LOCATION
Monday, 6/13	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 6/14	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 6/14	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 6/15	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 6/17	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211
Monday, 6/20	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 6/21	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 6/21	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 6/22	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Monday, 6/27	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 6/28	12:00 - 12:30pm	Core & More	Wellness Studio 216
Wednesday, 6/29	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Tuesday, 7/5	12:00 - 12:30pm	Core & More	Wellness Studio 216
Tuesday, 7/5	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 7/6	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 7/8	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211
Monday, 7/11	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 7/12	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 7/12	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 7/13	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 7/15	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211
Monday, 7/18	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 7/19	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 7/19	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 7/20	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 7/22	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211
Monday, 7/25	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 7/26	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 7/26	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 7/27	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 7/29	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211
Monday, 8/1	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 8/2	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 8/2	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 8/3	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 8/5	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211
Monday, 8/8	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 8/9	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 8/9	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 8/10	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 8/12	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211
Monday, 8/15	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 216
Tuesday, 8/16	12:00 - 12:30pm	Dance Fit	Wellness Studio 216
Tuesday, 8/16	12:30 - 1:00pm	Yoga	Wellness Studio 216
Wednesday, 8/17	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Friday, 8/19	5:15 - 5:45pm	Cycle Fit	Wellness Studio 211

