Fall 2017 **Fitness Classes**

www.stonybrook.edu/healthieru

THE WORKPLACE

Healthier

WELLNESS IN

TO REGISTER. VISIC
the Healthier U
homepage and
follow the
registration
information.
LOCATION: Walter
J. Hawrys Campus
Recreation Center.
Visit stony-
brook.edu/
recreation for
additional
information on
classes and other
program offerings.
For membership
inquiries, including
spouse member-
ships, contact
Durron Newman at
632-3277.



TO REGISTER: Visit	DAY	TIME	CLASS	INSTRUCTOR	LOCATION
the Healthier U	Monday, 10/23	1:00 - 1:30pm	Core & More	Jared A.	WS 216
homepage and	Tuesday, 10/24	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
follow the	Wednesday, 10/25	12:30 - 1:00pm	Zumba	Osama	WS 128
registration	Thursday, 10/26	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
information.	Monday, 10/30	1:00 - 1:30pm	Core & More	Jared A.	WS 216
LOCATION: Walter	Tuesday, 10/31	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
J. Hawrys Campus Recreation Center.	Wednesday, 11/1	12:30 - 1:00pm	Zumba	Osama	WS 128
Visit stony-		•			WS 211
brook.edu/	Thursday, 11/2	12:30 - 1:00pm	Cycle Fit	Dominique	
recreation for	Monday, 11/6	1:00 - 1:30pm	Core & More	Jared A.	WS 216
additional	Tuesday, 11/7	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
information on	Wednesday, 11/8	12:30 - 1:00pm	Zumba	Osama	WS 128
classes and other	Thursday, 11/9	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
program offerings.	Monday, 11/13	1:00 - 1:30pm	Core & More	Jared A.	WS 216
For membership	Tuesday, 11/14	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
inquiries, including	Wednesday, 11/15	12:30 - 1:00pm	Zumba	Osama	WS 128
spouse member- ships, contact	Thursday, 11/16	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
Durron Newman at	Monday, 11/20	1:00 - 1:30pm	Core & More	Jared A.	WS 216
632-3277.	Tuesday, 11/21	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
\bigcirc	Monday, 11/27	1:00 - 1:30pm	Core & More	Jared A.	WS 216
	Tuesday, 11/28	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
	Wednesday, 11/29	12:30 - 1:00pm	Zumba	Osama	WS 128
	Thursday, 11/30	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
	Monday, 12/4	1:00 - 1:30pm	Core & More	Jared A.	WS 216
	Tuesday, 12/5	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
	Wednesday, 12/6	12:30 - 1:00pm	Zumba	Osama	WS 128
$\checkmark \geq$	Thursday, 12/7	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211

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HealthierU@stonybrook.edu