

# FALL FITNESS FUN

September 9-December 2, 2018

Get Fit, Stay Healthy with Group Exercise Classes!					
TIME OF DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Morning	Overlook Fitness Center Classes are open to WP Students, Faculty & Staff ONLY!	9:30 am Simply Salutations Jill @ Overlook	Learn something new, sleep better, reduce your stress, drop 10 & have fun!	9:30 am Simply Salutations Lucia @ Sports & Recreation Center	Bring a friend to class!
Late Afternoon		3:45 pm KICKBOXING Barry @ Overlook		3:45 pm STRONG by Zumba Katonya @ Sports & Recreation Center	Hey, Look at That Body... I Workout!
Early Evening	Drop-ins Welcome!	5:00 pm ZUMBA Saloney @ Overlook	5:15 pm YOGA Mandy @ Sports & Recreation Center	5:00 pm 50-Minute FITNESS Karen @ Sports & Recreation Center	5:30 pm YOGA Judith @ Sports & Recreation Center
Evening	7:30 pm YOGA Jill @ Overlook		Sept. 9 <sup>th</sup> -20 <sup>th</sup> FREE Classes For Faculty & Staff		7:00 pm SPIN Audrey @ Overlook

## FREE FOR WP STUDENTS!!!

Register online [www.imleagues.com/Williampaterson/Fitness](http://www.imleagues.com/Williampaterson/Fitness)

**FEE SCHEDULE: WP Students: Free!**

Faculty/Staff Daily Fee: **\$5 per class (PE only @ Overlook)** with facility membership or

**SPECIAL! All Inclusive Fee = \$35 with Sports & Recreation Center Membership**

(attend any or ALL Group Exercise classes each week!)

**PIONEER EXPRESS ONLY @ Overlook Fitness Center – NO CASH!**

Sports & Recreation Center Members: Cash ONLY

Non-member Faculty/Staff/Alumni: \*Daily Fee \$10

(\$5 Sports & Recreation Center Daily Fee + \$5 Class Fee)

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## Group Exercise Class Descriptions

*Try something new!*

Register online [www.imleagues.com/Williampaterson/Fitness](http://www.imleagues.com/Williampaterson/Fitness).

**Please arrive 15 minutes prior to class. Late arrivals will be admitted at the discretion of the instructor.**

### Kickboxing

Instructor: Barry Rochester

*Improve your physical fitness, agility, coordination and balance with martial arts type movements to music.*

### 50-Minute Fitness

Instructor: Karen Hilberg

*Low impact aerobics class that includes STEP with stretching, toning, relaxation and fun!*

### Spin (Indoor Cycling)

Instructor: Audrey Vargas

*Using a stationary bike where you control the resistance, get fit and have fun with this high-energy workout to music. This class includes warm-up, intervals of race, hills, steady state, cool down and, on occasion, some yoga-style stress relief.*



### Simply Salutations

Instructors: Jill Goordman, Lucia McMahon

*Come flow with us...A simple practice tailored to fit into your busy mornings - 30 minutes of asanas mixed with steady vinyasa. Be prepared to start moving right away to connect your breath and body!*

### Yoga

Instructors: Jill Goordman, Amanda (Mandy) Ptak, Judith Broome, Lucia McMahon

*Classic poses, amazing asanas and guaranteed awareness. Learn to relax, improve balance and health with a blend of stretching, exercise and relaxation techniques that will tone your entire body while relaxing your mind. Participants progress at their own rate. Please wear loose comfortable clothing and bring a Yoga or Pilates mat to class. All levels welcome!*

### STRONG by Zumba®

Instructor: Katonya Rochester

*STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. You will burn calories while toning arms, legs, abs and glutes.*



### ZUMBA®

Instructor: Saloney Chandra

*Join the party! Zumba® is dance-fitness combining Latin, Hip Hop and International music with sculpting exercises, designed to tone the entire body, from top to bottom. Get fit! Have fun!*

