



# Healthier

## Fall 2018

**WELLNESS IN THE WORKPLACE**

# Fitness Classes

[www.stonybrook.edu/healthieru](http://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](http://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
Monday, 10/1	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 10/2	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 10/3	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 10/3	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 10/5	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 10/8	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 10/9	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 10/10	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 10/10	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 10/12	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 10/15	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 10/16	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 10/17	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 10/17	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 10/19	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 10/22	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 10/23	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 10/24	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 10/24	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 10/26	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 10/29	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 10/30	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 10/31	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 10/31	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 11/2	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 11/5	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 11/6	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 11/7	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 11/7	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 11/9	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 11/12	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 11/13	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 11/14	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 11/14	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 11/16	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 11/19	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 11/20	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 11/21	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 11/21	12:45 - 1:45pm	Yoga	James	WS 128
Monday, 11/26	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 11/27	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 11/28	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 11/28	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 11/30	1:15 - 2:00pm	ZUMBA®	Erin	WS 128
Monday, 12/3	12:30 - 1:15pm	Pump & Sculpt	Jared	WS 128
Tuesday, 12/4	12:45 - 1:15pm	Core & More	Jennifer	WS 128
Wednesday, 12/5	12:00 - 12:30pm	Spin	Jared	WS 211
Wednesday, 12/5	12:45 - 1:45pm	Yoga	James	WS 128
Friday, 12/7	1:15 - 2:00pm	ZUMBA®	Erin	WS 128

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[HealthierU@stonybrook.edu](mailto:HealthierU@stonybrook.edu)