



Healthier U

WELLNESS IN THE WORKPLACE

www.stonybrook.edu/healthieru

Fall 2017 Fitness Classes

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
Monday, 10/23	1:00 - 1:30pm	Core & More	Jared A.	WS 216
Tuesday, 10/24	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
Wednesday, 10/25	12:30 - 1:00pm	Zumba	Osama	WS 128
Thursday, 10/26	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
Monday, 10/30	1:00 - 1:30pm	Core & More	Jared A.	WS 216
Tuesday, 10/31	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
Wednesday, 11/1	12:30 - 1:00pm	Zumba	Osama	WS 128
Thursday, 11/2	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
Monday, 11/6	1:00 - 1:30pm	Core & More	Jared A.	WS 216
Tuesday, 11/7	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
Wednesday, 11/8	12:30 - 1:00pm	Zumba	Osama	WS 128
Thursday, 11/9	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
Monday, 11/13	1:00 - 1:30pm	Core & More	Jared A.	WS 216
Tuesday, 11/14	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
Wednesday, 11/15	12:30 - 1:00pm	Zumba	Osama	WS 128
Thursday, 11/16	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211
Monday, 11/20	1:00 - 1:30pm	Core & More	Jared A.	WS 216
Tuesday, 11/21	12:00 - 12:30pm	Pump & Sculpt	Jared H.	WS 128
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
Thursday, 12/7	12:30 - 1:00pm	Cycle Fit	Dominique	WS 211