# SPRING FITNESS FUN

January 20-April 17, 2015

Think SPRING!

Get Out & Get Movin’ with Group X Classes!

<table>
<thead>
<tr>
<th>TIME OF DAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>11:15-12:15 ZUMBA “A” Rachael @ Overlook</td>
<td><strong>Bring a friend to class!</strong></td>
<td>8:30-9:30 am INDOOR CYCLING “B” Barbara @ Overlook</td>
<td>11:15-12:15 ZUMBA “B” Rachael @ Overlook</td>
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<tr>
<td>Late Afternoon</td>
<td>3:45-4:45 FITNESS FUSION Barry @ Overlook</td>
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<td>3:45-4:45 KICKBOXING Katonya @ Overlook</td>
<td>*Meet people!</td>
<td>*Have fun!</td>
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<tr>
<td>Early Evening</td>
<td>6:00-7:00 pm INDOOR CYCLING “A” Barbara @ Overlook</td>
<td>5:15-6:15 YOGA “B” Mandy @ Rec Center</td>
<td>5:15-6:15 Yoga “C” Theresa @ Overlook</td>
<td>5:15-6:00 STEP INTO FITNESS Karen @ Rec Center</td>
<td>*Drop 10 lbs.</td>
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<tr>
<td>Evening</td>
<td>7:30-8:30 YOGA “A” Jill @ Rec Center</td>
<td>*Learn something new!</td>
<td>*Reduce stress</td>
<td>7:30-8:30 pm INDOOR CYCLING “C” Barbara @ Overlook</td>
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(See Class Descriptions on next page)

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**FEE SCHEDULE:** New! Register online to Reserve your space at www.imleagues.com/Williampaterson/Fitness

**Overlook Fitness Center Classes are open to students only.**

**PIONEER EXPRESS ONLY @ Overlook Fitness Center**

**CASH & PIONEER EXPRESS Payments Accepted @ Rec Center**

**Students & Rec Center Members:** Cash or Pioneer Express ONLY

Daily Fee: $5 per class or pay the single Course Fee = $15 per course

All Inclusive Fee = $30 attend any or ALL classes each week!

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**Non-member Faculty/Staff/Alumni:** Cash or Pioneer Express ONLY at the Rec Center

*Daily Fee $12 (*Includes $5 Rec Center Daily Fee)

1/7/15 9:57 AM Revised  
Contact the Rec Center for more information 973-720-2777.
Group Exercise Class Descriptions Spring 2015:
*Please arrive 15 minutes prior to class.
Register online to Reserve your space at www.imleagues.com/Williampaterson/Fitness
Sign in at the front desk when you arrive and pay any fees due.

**Fitness Fusion**
Instructor: Barry Rochester
Experience a blend of fitness training activities to improve strength, coordination, balance, body image, and personal safety. Based on instructor knowledge and student input, this class will incorporate activities such as: Zumba, Core, Strength, Martial Arts, Self-Defense and Tai Chi. Guaranteed to add FUN to your workout!

**Indoor Cycling (Spin)**
Instructor: Barbara Clegg
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 and cool down. Get excited!

**Kickboxing**
Instructor: Katonya Rochester
Improve your physical fitness, agility, coordination and balance with martial arts type movements to music.

**Step into Fitness**
Instructor: Karen Hilberg
Get in shape with a basic level, low impact aerobics class that includes STEP, core and strength exercises designed to improve physical fitness, coordination and balance. Routines incorporate basic locomotor patterns and STEP with stretching, toning, relaxation and fun!

**Yoga**
Instructors: Theresa Bivaletz, Jill Goordman, Amanda (Mandy) Ptak
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. Everyone is welcome!

**ZUMBA**
Instructors: Barry Rochester, Rachael Peters
Join the party! Zumba is a dance-fitness workout with sculpting exercises designed to tone the entire body from top to bottom using upbeat music. Get fit! Have fun!

Interested in teaching a class? Contact Karen at hilbergk@wpunj.edu

Contact the Rec Center for more information 973-720-2777.