# SPRING FITNESS FUN

January 24–April 17, 2016

Think SPRING!

Get Out & Get Movin’ with Group X Classes!

<table>
<thead>
<tr>
<th>TIME OF DAY</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Morning</td>
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<td>1st Week Free!!!</td>
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<tr>
<td>Late Afternoon</td>
<td>3:45-4:45 Conditioning &amp; Self Defense Barry @ Overlook</td>
<td>Bring a friend to class!</td>
<td>3:45-4:45 KICKBOXING Katonya @ Overlook</td>
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<td>Early Evening</td>
<td>5:00-6:00 pm YOGA with Mandy @ Rec Center</td>
<td>5:00-6:00 pm YOGA with Theresa @ Overlook</td>
<td>5:00-6:00 pm Zumba with Landon @ Overlook</td>
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<tr>
<td>Early Evening</td>
<td>Reduce your stress, Learn something new, drop 10, Have fun &amp; Meet people!</td>
<td>Overlook Fitness Center Classes are open to STUDENTS ONLY!</td>
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<tr>
<td>Evening</td>
<td>7:30-8:30 pm POWER YOGA Jill @ Overlook FREE!!</td>
<td>7:30-8:30 pm YOGA with Jill @ Rec Center</td>
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### FEE SCHEDULE:

*Daily Fee: $5 per class or Single Course Fee = $15 per course

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

PIONEER EXPRESS ONLY @ Overlook Fitness Center

Students & Rec Center Members: Cash or Pioneer Express ONLY

Non-member Faculty/Staff/Alumni: *Daily Fee $12 (*$5 Rec Center Daily Fee + $7 Class Fee)

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

1/21/16 12:44 PM Revised Contact the Rec Center for more information 973-720-2777.
Group Exercise Class Descriptions:
Try it out! Free Week January 24-30, 2016. Sign in at the front desk on the class waiver form. Please arrive 15 minutes prior to class.

Conditioning & Self Defense
Instructor: Barry Rochester
Looking for a good workout while improving your confidence and personal well-being? This total body conditioning class incorporates martial arts and self-defense techniques.

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

Indoor Cycling (Spin)
Instructor: TBA
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!

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!

Power Yoga – Sunday nights FREE for WP Students!
Instructor: Jill Goordman
Take your yoga training to a higher level with this steady-paced class designed to improve strength, flexibility and balance. Please wear loose comfortable clothing and bring a Yoga or Pilates mat to class. Everyone is welcome!

ZUMBA
Instructor: Landon Thomas
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

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