




William Paterson University Recreational Services

SPRING FITNESS FUN

Revised: March 3-April 25, 2014

Think SPRING!

Get Out & Get Movin' with Group X Classes!

TIME OF DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning		<i>Reduce your stress, Learn something new, drop 10, Have fun & Meet people!</i>		Best Way to Kill a Class: 1. Don't Show Up. 2. Keep it a Secret!	11-12:00 INDOOR CYCLING II (Spin) Barbara @ Overlook
Late Afternoon	<i>New Time!</i> 3:45-4:45 ZUMBA A Barry @ Rec Center		3:45-4:45 KICKBOXING Katonya @ Overlook		
Early Evening	6:00-7:00 INDOOR CYCLING I (Spin) Barbara @ Overlook	5-6 pm YOGA B Mandy @ Rec Center	5-6 pm BURN, SCULPT & CHISEL Barbara @ Overlook	5:00-6:00 pm ZUMBA B Rachael @ Overlook	
Evening	7:30-8:30 YOGA A Jill @ Rec Center	<i>Celebrate 30 Years @ the Rec Center!</i>	<i>Bring a friend to class!</i>	6:15-7:15 pm CALISTHENICS Brandon @ Rec Center	

(See Class Descriptions on next page)

FEE SCHEDULE:

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

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

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

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

Group Exercise Class Descriptions Spring 2014:

Burn, Sculpt & Chisel

Instructor: Barbara Clegg

A high energy, calorie-burning, total body, interval workout utilizing a variety of fitness equipment.

Calisthenics:

Instructor: Brandon Metz

Skip the gym workout today! This class is designed to use your body weight and a variety of body movements to improve strength and flexibility as well as agility, balance and coordination.

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.

Taekwondo & Self Defense – Cancelled 2/20/2014

Instructor: Rihanna Jameson

Learn basic combat and self-defense techniques with this Korean martial art program.

Yoga

Instructors: 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, (Carola Gremlich)

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