

FALL FITNESS FUN

September 6–November 20, 2016

Get Fit, Stay Healthy with Group Exercise Classes!

TIME OF DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Morning	Overlook Fitness Center Classes are open to STUDENTS ONLY!		1st Week Free!!! Sept 6–12		
Late Afternoon		Reduce your stress, Learn something new, drop 10, Have fun & Meet people!		3:45–4:45 KICKBOXING Katonya @ Overlook	<i>Bring a friend to class!</i>
Early Evening			5:15–6:15 pm YOGA 3 Mandy @ Rec Center	5:15–6:15 pm Soul Spin Loretta @ Overlook	
Early Evening			6:00–7:00 Conditioning & Self Defense Barry @ Overlook		6:00–7:00 pm Zumba Landon @ Overlook
Evening	7:30–8:30 pm POWER YOGA Jill @ Overlook FREE!!	7:30–8:30 pm YOGA 2 Jill @ Rec Center			

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

William Paterson University • Recreational Services

Group Exercise Class Descriptions:

Try it out! Free Week September 6-12, 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.



Soul Spin (Indoor Cycling)

Instructor: Loretta Napolitano

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, cool down and, on occasion, some yoga-style stress relief. Get excited!

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!

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

Instructors: 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 Hilberg at hilbergk@wpunj.edu

