



# William Paterson University Recreational Services

## SPRING FITNESS FUN

January 24-April 17, 2016

Think SPRING!

Get Out & Get Movin' with Group X Classes!



*Get Fit, Stay Healthy with Group Exercise Classes!*

TIME OF DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Morning			<i>1<sup>st</sup> Week Free!!!</i>		
Late Afternoon		3:45-4:45 Conditioning & Self Defense Barry @ Overlook	<i>Bring a friend to class!</i>	3:45-4:45 KICKBOXING Katonya @ Overlook	
Early Evening			5:00-6:00 pm YOGA with Mandy @ Rec Center	5:00-6:00 pm YOGA with Theresa @ Overlook	5:00-6:00 pm Zumba with Landon @ Overlook
Early Evening	<i>Reduce your stress, Learn something new, drop 10, Have fun &amp; Meet people!</i>		<i>Overlook Fitness Center Classes are open to STUDENTS ONLY!</i>		
Evening	7:30-8:30 pm POWER YOGA Jill @ Overlook <b>FREE!!</b>	7:30-8:30 pm YOGA with 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](http://www.imleagues.com/Williampaterson/Fitness)*

## **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](mailto:hilbergk@wpunj.edu)