



# William Paterson University Recreational Services

## SPRING FITNESS FUN

January 27-April 17, 2014

It's a New Year – Be Fit, Be Healthy!

Fulfill your New Years' Resolutions with Group X Classes!

TIME OF DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning		<i>Reduce your stress, Learn something new, drop 10, Have fun &amp; Meet people!</i>		<b>Best Way to Kill a Class:</b> 1. Don't Show Up. 2. Keep it a Secret!	<b>11-12:00 INDOOR CYCLING II (Spin)</b> Barbara @ Overlook
Late Afternoon	<b>4:30-5:30 ZUMBA A</b> Barry @ Rec Center	<i>Celebrate 30 Years @ the Rec Center!</i>	<b>3:45-4:45 KICKBOXING</b> Katonya @ Overlook		
Early Evening	<b>6:00-7:00 INDOOR CYCLING I (Spin)</b> Barbara @ Overlook	<b>5-6 pm YOGA B</b> Mandy @ Rec Center	<b>5-6 pm BURN, SCULPT &amp; CHISEL</b> Barbara @ Overlook	<i>FREE WEEK!</i> <i>January 27 to January 31</i>	<b>5:00-6:00 pm ZUMBA B</b> Rachael @ Overlook
Evening	<b>7:30-8:30 YOGA A</b> Jill @ Rec Center	<b>7:30-8:30 pm Taekwondo &amp; Self Defense</b> Rihanna @ Rec Center	<i>Bring a friend to class!</i>	<b>6:15-7:15 pm CALISTHENICS</b> 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 Cray

*Improve your physical fitness, agility, coordination and balance with martial arts type movements to music.*

### **Taekwondo**

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](mailto:hilbergk@wpunj.edu)