

William Paterson University Recreational Services

2017 SPRING FITNESS FUN



January 22–April 13

Think SPRING!

Get Movin' with Group X Classes!



Get Fit, Stay Healthy with Group Exercise Classes!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|---|
| | TRY IT FREE!!! | January 22 To February 3 | | <i>Reduce your stress, Learn something new, drop 10, Have fun & Meet people!</i> | 12:45-1:45 SOUL SPIN Loretta @ Overlook |
| | 3:45-4:45 Conditioning & Self Defense Barry @ Overlook | <i>Bring a friend to class!</i> | 3:45-4:45 KICKBOXING Katonya @ Overlook | | |
| |  | 5:15-6:15 pm YOGA with Mandy @ Rec Center | 6:00-7:00 pm ZUMBA with Karla @ Overlook | 5:00-6:00 pm ZUMBA with Saloney @ Rec Center | |
| 7:30-8:30 pm YOGA with Jill @ Overlook FREE!! | 8:00-9:00 pm ZUMBA with Landon @ Rec Center | 8:00-9:00 pm ZUMBA with Landon @ Overlook | | | Overlook Fitness Center Classes are open to STUDENTS ONLY! |

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

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Group Exercise Class Descriptions:

Try it FREE! January 22-February 3, 2017. 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 and cool down. Get excited!

Yoga - Sunday nights FREE for WP Students @ Overlook Fitness Center!

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

Instructor: Landon Thomas, Karla Fatula, Saloney Chandra

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

