

# FALL FITNESS FUN

September 8-December 5, 2019

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

TIME OF DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Midday	Overlook Fitness Center Classes are open to WP Students, Faculty & Staff <b>ONLY!</b>		Learn something new, sleep better, reduce your stress, drop 10 & have fun!		
Late Afternoon		3:45 pm <b>KICKBOXING</b> Barry @ Overlook		3:45 pm <b>STRONG</b> by Zumba Katonya @ Overlook	Hey, Look at That Body... I Workout!
Early Evening	Drop-ins Welcome!		5:15 pm <b>YOGA</b> Mandy @ Sports & Recreation Center		
Evening	6:30 pm <b>YOGA</b> Jill @ Overlook			Bring a friend to class!	

## FREE FOR WP STUDENTS!!!

Register online [www.imleagues.com/Williampaterson/Fitness](http://www.imleagues.com/Williampaterson/Fitness)

**FEE SCHEDULE: WP Students: Free!**

Faculty/Staff Daily Fee: **\$5 per class (PE only @ Overlook)** with facility membership or  
**SPECIAL! All Inclusive Fee = \$35 with Sports & Recreation Center Membership**  
 (attend any or ALL Group Exercise classes each week!)

**PIONEER EXPRESS ONLY @ Overlook Fitness Center – NO CASH!**

Sports & Recreation Center Members: Cash ONLY

Non-member Faculty/Staff/Alumni: \*Daily Fee \$10

(\$5 Sports & Recreation Center Daily Fee + \$5 Class Fee)

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## Group Exercise Class Descriptions

*Try something new!*

Register online [www.imleagues.com/Williampaterson/Fitness](http://www.imleagues.com/Williampaterson/Fitness).

**Please arrive 15 minutes prior to class. Late arrivals will be admitted at the discretion of the instructor.**

### Kickboxing

Instructor: Barry Rochester

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

### STRONG by Zumba®

Instructor: Katonya Rochester

*STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. You will burn calories while toning arms, legs, abs and glutes.*



### 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. All levels welcome!*

