

William Paterson University Recreational Services

# 2019 SPRING FITNESS FUN



January 20 to  
April 25, 2019

SWEAT. SMILE. REPEAT.

Get Fit with Group X Classes!



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

TIME OF DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Late Afternoon	Overlook Fitness Center Classes are open to WP Students, Faculty & Staff ONLY!	3:45 pm KICKBOXING Barry @ Overlook		3:45 pm STRONG by Zumba Katonya @ Overlook	Hey, Look at That Body... I Workout!
Early Evening	Drop-ins Welcome!		5:15 pm YOGA Mandy @ Sports & Recreation Center	Bring a friend to class!	
Evening	7:30 pm YOGA Jill @ Overlook		Learn something new, sleep better, reduce your stress, drop 10 & have fun!		

**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** (Fac/Staff - attend any or ALL Group Exercise classes each week!)

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

Sports & Recreation Center Members: Cash ONLY for T/Th Yoga Classes

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

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



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Visit our website & Social Media @WPREc

## 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.

### Yoga

Instructors: Jill Goordman, Amanda (Mandy) Ptak, Judith Broome, Lucia McMahon

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!

### 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.

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