



Healthier

WELLNESS IN THE WORKPLACE

www.stonybrook.edu/healthieru

Winter 2017

Fitness Classes

DAY	TIME	CLASS	LOCATION
Thursday, 1/5	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 128
Friday, 1/6	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Monday, 1/9	5:30 - 6:00pm	Tai Chi	Wellness Studio 128
Tuesday, 1/10	1:00 - 1:30pm	Yoga	Wellness Studio 216
Thursday, 1/12	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 128
Friday, 1/13	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211
Monday, 1/16	5:30 - 6:00pm	Tai Chi	Wellness Studio 128
Tuesday, 1/17	1:00 - 1:30pm	Yoga	Wellness Studio 216
Thursday, 1/19	12:30 - 1:00pm	Pump & Sculpt	Wellness Studio 128
Friday, 1/20	12:00 - 12:30pm	Cycle Fit	Wellness Studio 211

REGISTER

Visit the Healthier U homepage and follow the registration information. All non-members of the Campus Recreation Center will also receive a free 5-visit pass to use anytime throughout the winter session (expires Sunday, January 22).

LOCATION

Walter J. Hawrys Campus Recreation Center

Visit www.stonybrook.edu/recreation for additional information on classes and other program offerings. For membership inquiries, including spouse memberships, contact Durren Newman at

632-3277.

