



Healthier U

WELLNESS IN THE WORKPLACE

Summer 2018 Fitness Classes

www.stonybrook.edu/healthieru

TO REGISTER: Visit the Healthier U homepage and follow the registration information.

LOCATION: Walter J. Hawrys Campus Recreation Center. Visit stonybrook.edu/recreation for additional information on classes and other program offerings. For membership inquiries, including spouse memberships, contact Durrion Newman at 632-3277.



DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Tuesday, 6/12	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 6/13	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 6/14	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 6/19	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 6/20	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 6/21	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 6/26	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 6/27	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 6/28	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 7/3	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Thursday, 7/5	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 7/10	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 7/11	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 7/12	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 7/17	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 7/18	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 7/19	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 7/24	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 7/25	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 7/26	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 7/31	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 8/1	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 8/2	12:30 - 1:00pm	Core & More	Jared	WS 128
Tuesday, 8/7	12:30 - 1:00pm	Pump & Sculpt	Jared	WS 128
Wednesday, 8/8	12:30 - 1:00pm	Zumba	Erin	WS 128
Thursday, 8/9	12:30 - 1:00pm	Core & More	Jared	WS 128

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