

Fall 09 Group Exercise Schedule

Monday

Boot Camp	6:45am-7:30am
Pilates	12:10pm-12:40pm
AB Lab	5:05pm-5:20pm
Yoga/Pilates	5:30pm-6:30pm

Tuesday

Pilates	12:10pm-12:40pm
AB Lab	5:05pm-5:20pm
Step Aerobics	5:30pm-6:30pm

Wednesday

Boot Camp	6:45am-7:30am
Pilates	12:10pm-12:40pm
AB Lab	5:05pm-5:20pm
Yoga/Pilates	5:30pm-6:30pm

Thursday

Pilates	12:10pm-12:40pm
AB Lab	5:05pm-5:20pm
Step Aerobics	5:30pm-6:30pm

Friday

Pilates	12:10pm-12:40pm
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Please see the reverse side for class descriptions

Class Descriptions

AB Lab

A very intense 15 minute abdominal workout to get you the abs you've always wanted!

Boot Camp

This military style boot camp class will give you a great workout while leaving your heart pounding and your muscles aching. The class is instructed by one of SBU's own ROTC Sergeants. Are you ready for a new challenge? Then this class is for you.

Pilates

This low impact workout is great for those who wish to tone and strengthen targeted muscle groups, without bulking up. The exercises are designed to slim arms and legs as well as flatten stomachs and firm up that rear end. Each class is modified to fit the specific area participants wish to target.

Step Aerobics

This class is an intense aerobics class using a step platform. Step Aerobics burns 30 - 60 % more calories than traditional aerobics class with particular emphasis on hips, thighs, abdominals, and buttocks.

Yoga/Pilates

A twist on two favorites! This low impact class brings Yoga and Pilates together in a unique way. The gentle stretching will increase flexibility, whereas toning exercises will give you a lean look.

Richter Center Exercise Videos

1. Sign out the DVDs at the Front Desk with your SBU ID
2. Use the DVDs in the Aerobics Room when no scheduled classes are taking place
3. Return the DVDs to the Front Desk and get your ID back

Windsor Pilates Program
Turbo Jam
The Biggest Loser Workouts
Slim in 6

Pilates on the Ring
AB Coaster DVDs
P90X
Zumba