

# Spring 10 Group Exercise Schedule

## Monday

Pilates 12:10pm-12:40pm

AB Lab 5:05pm-5:20pm

Pilates II 5:30pm-6:30pm

## Tuesday

Pilates 12:10pm-12:40pm

AB Lab 5:05pm-5:20pm

Step Aerobics 5:30pm-6:30pm

## Wednesday

Pilates 12:10pm-12:40pm

AB Lab 5:05pm-5:20pm

Pilates II 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

*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.

### **Pilates II**

An extended spin off of the Pilates class offered during the lunch hour. This class will give you an intense workout that will tone and tighten every muscle in your body. If you want tighter abs, to lose weight or increase flexibility, then this class is for you.

## **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**  
**Zumba**