

# Spring '11 Group Exercise Schedule

## Monday

AB Lab	4:30pm-4:45pm
Belly Dancing	5:15pm-6pm
P90X (Core Synergistics)	7pm-8pm

## Tuesday

Pilates	12:10pm-12:40pm
AB Lab	4:30pm-4:45pm
Zumba (Live Instructor)	5:15pm-6pm
Boot Camp Circuit Training	6pm-7pm
P90X (Shoulders/Arms/Abs)	7pm-8pm

## Wednesday

AB Lab	4:30pm-4:45pm
P90X (Plyometrics)	7pm-8pm

## Thursday

Pilates	12:10pm-12:40pm
Boot Camp Circuit Training	3pm-4pm
AB Lab	4:30pm-4:45pm
Zumba (Live Instructor)	5:15pm-6pm
P90X (Legs/Back/Abs)	7pm-8pm

## Friday

Belly Dancing	1:30pm-2:15pm
Boot Camp Circuit Training	3pm-4pm
AB Lab	4:30pm-4:45pm

Classes begin Monday, January 17<sup>th</sup> and continue until February 25<sup>th</sup>.  
At that time, we will assess the schedule and attendance of each of the classes.

*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!

## **Belly Dancing**

Belly Dancing is an innovative workout that uses graceful, rhythmic movements and self-expression techniques of belly dancing to improve posture, balance, coordination, and muscle strength. All levels welcome.

## **Boot Camp Circuit Training**

Boot camp is a challenging workout designed to be intense and fun. Aspire to reach your athletic goals through a variety of equipment and drills that take you to the next level. Challenge yourself with a variety of cardio and strength exercises, working your upper and lower body, as well as your core.

## **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.

## **P90X**

The famous workout DVDs have made their way to SBU. This class offers you the opportunity to complete the 90 days of P90X in a scheduled environment with others. This class is for you, if you want to get totally ripped and get in the best shape of your life.

## **Zumba**

The program combines Latin and international music with dance in an effort to make exercise fun. The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Participating in Zumba can achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## **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 DVD**