



Mind & Body

Bandilates

Pilates

Yoga



Strength-Based

Butts 'n' Guts

Boot Camp



Cardio

Cycle

Kickboxing

ZUMBA



Swim

Visit our Pool during
Open Rec Hours!



Self Defense

Workshops are:

Nov 3rd &

Nov 10th

**Attend 2 of Each Type of Activity
Between Nov. 1st—Nov. 22nd**

Complete 7 out of 10 to earn a Campus Recreation Prize Pack
and be entered for the Grand Prize Drawing!

NO EXCUSES NOVEMBER FITNESS CHALLENGE

Questions, Comments, Concerns?

Call 516.877.4242 or visit WDH 240



Follow us @AdelphiRec!

