In addition to group exercise classes, the Pennington Student Activity Center offers the following amenities for students currently enrolled and with current student ID:

- A 9,800 sq ft fitness room, complete with free weights, pin-loaded equipment, and plenty of treadmills, bikes, and ellipticals for your cardiovascular workouts.
- A 4-court arena ready to play basketball, volleyball, or badminton.
- A 1/8 mile indoor track overlooking the arena.
- 2 group exercise rooms used for a wide variety of exercise classes
- 2 racquetball courts
- Locker rooms—each including lockers, showers, bathrooms, and a sauna
- 2 classrooms available for your organization or group meetings

Schedule is valid from Monday, August 14th, to Friday, December 8th, 2017

Classes must have 5 participants to be conducted.

Participants are to arrive on time for the class, and we ask that you do not leave early.

If attendance is consistently less than 5 participants, the class may be cancelled.

Schedule is subject to change without notice.

Water only is allowed; it must be in a clear container. For Cycling, water is mandatory.

You are encouraged to bring your own yoga mat to the Yoga classes.

We are in search for new and exciting classes! If you have an idea, or are interested in instructing, please contact the Assistant Director of Health and Fitness, Megan Mast by e-mailing megan.mast@selu.edu or calling 549-5728

CREATED: AUGUST 7th, 2017—UPDATED: 10/10/17 m3
SILVER SNEAKERS— A class of muscular strength, and range of movement. It is a multi-level, equipment based class that takes participants through a variety of exercises using hand held weights, elastic tubing with handles, and a ball. (50 min)

TAI-CHI— Use Ancient Martial art moving meditations to improve coordination, body awareness, balance and strengthen your legs while increasing circulation all at the same time. (50 min)

WATER AEROBICS— Go through an aerobic workout that is usually done on land but taught in shallow water! (50 min)

ZUMBA— Come and dance to the Latin music and get a work out in at the same time! (50 min.)

BODY BLAST— A full body workout that is instructed in a circuit format using body weights, steps, with minimal cardio. Get toned all over with this class! (50 min)

STEP— Grab a step and head to class, all while toning your legs! Grab extra risers for more of a workout! (50 min)

CYCLING Get your cardio workout in and strengthen your legs at the same time!! Go from an easy ride to “climbing” hills. Water in a clear water bottle is mandatory for this class. (50 min)

YOGA— Relax, strengthen and increase flexibility with this ancient form of exercise. Go at your own pace and ability. (50 min)

CHAIR YOGA— Sit down, and relax! Use methods of Yoga you can do in your chair or standing next to it! (50 min)

FIT FUSION— Sarah Clifton is happy to be back!! Join us Monday’s and Wednesday’s at 5:30pm for a cardio workout, a full body workout, barre, step, Zumba....whatever Sarah has on deck!! Any fitness level will get a great workout in with Sarah, come unwind after work with us! (50 min)