**Members and students are required to have their Bronc ID or SRC ID for admission. There are no exceptions to this rule.**

**Due to increased volume, the facilities are reserved for active members only Sunday through Thursday after 5 p.m. Guests will not be permitted at this time. We apologize for any inconvenience.**

**Members and guests are required to wear appropriate attire whilst using the facility. Shirts and closed-toe athletic shoes must be worn at all times.**

**Secure your belongings! Personal locks are available at the front desk.**

**Photography is strictly prohibited within the SRC without permission granted by the University.**

**Reservations for group exercise classes begin half an hour before the scheduled class start time. Get your hand stamped to secure your spot!**

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**Reminders**

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**Hours of Operation**

<table>
<thead>
<tr>
<th>SRC Fitness Center and Game Room</th>
<th>Richard A. Coppola Pool Open Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday through Thursday</td>
<td>Monday through Friday</td>
</tr>
<tr>
<td>6 a.m. to midnight</td>
<td>11:30 a.m. to 2:30 p.m.</td>
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<tr>
<td>Friday</td>
<td>Tuesday and Thursday</td>
</tr>
<tr>
<td>6 a.m. to 11:30 p.m.</td>
<td>8:30 a.m. to 10 a.m.</td>
</tr>
<tr>
<td>Saturday and Sunday</td>
<td>Saturday and Sunday</td>
</tr>
<tr>
<td>9 a.m. to 11:30 p.m.</td>
<td>2 p.m. to 5 p.m.</td>
</tr>
</tbody>
</table>
Group Exercise Launch Party!!!

Join us from 6:30pm-8:30pm with the first hour to include six 10 minute sessions of each of the SRC’s Fall Group Exercise classes. Come see what you may like to incorporate into your fitness regime. We’ll showcase Insanity, Zumba, Butt and Gutt, etc. and top it off with a 1 hour master class featuring our newest GX class – CIZE®. This class is the new fitness dance program brought to you by NJ’s very own Shaun T. While you’re at it, register for our Fall Fitness Challenge - #broncfit.

8 ways to get back into fitness

1. Stop wearing comfortable clothes around the house. 
   You’ll always find that you’re less likely to gorge on your beloved Cinnamon Toast Crunch cereal if you’re wearing a pair of skinny jeans or a tight fitting shirt.

2. Tape a picture of yourself to your fridge and cupboards. 
   There’s nothing more powerful than having a picture of a hotter, trimmer version of yourself staring at you every time you reach for the Twinkies.

3. Set a goal. 
   Whether you want to shed 25 pounds or 5 pounds to or squeeze into that new pair of skinny jeans, write your goal down on a Post-it note and stick it somewhere you’ll see it over and over and over again.

4. Write down everything you eat. 
   You may not realize how much you’re actually consuming during the day. That handful of potato chips and one cookie that you had with lunch could be an extra 300 empty calories. Tracking your consumption with myfitpal or a fitbit may help you get into a cleaner diet.

5. Team up with a friend. 
   Sometimes completion is good. Having a friend to motivate you or push you during your workout can make all the difference. Even pairing up to do partner workouts is beneficial. So grab your girlfriend/boyfriend/friend and get to sweating.

6. Download some good tunes. 
   Music is another big factor in how your workout will go. Whatever you listen to, make sure it’s something that will keep you motivated and energized to push through your workout and make it worth it.

7. Keep your workout fresh. 
   Doing the same workout every day can get boring and your body can get used to it and you may hit a plateau. Constantly changing up your workout will shock your body and keep the weight coming off.

8. Reward yourself.
   A healthy lifestyle can be difficult; there’s temptation all around, but you need to stay focused and remind yourself that this is a lifestyle, not a quick fix. Always allow yourself what you want but within limitations. You’ve worked hard, reward yourself with new clothes, music, and gear.
Healthy snacks you can make in your dorm or at Daly's!

Peanut butter chocolate banana quesadillas!!
These are super easy and can be made at Daly's! All you need is a whole wheat wrap, one banana, one tablespoon chocolate chips (which can be found by the ice cream) and a tablespoon of peanut butter. Spread the peanut butter, cut up the banana, sprinkle on the chocolate chips and put in the toaster, fold and you have a sweet healthy snack.

Chocolate dipped frozen pb banana bites!
All you need to do is slice up a banana and spread peanut butter in between two pieces of whole wheat bread to make a sandwich. Take dark chocolate, melt it, add coconut oil to the melted dark chocolate and dip half of the banana pb sandwich and freeze. Freeze for 20 minutes and enjoy. This has fruit, antioxidants, healthy fat, and protein. They are also delicious!

Fruit & Cheese Platter
Another great snack that is easily attainable is apples with cheddar. Slice up an apple and grab some slices of cheddar cheese and you're done. These two foods compliment each other while providing you with fiber, natural sugar, protein, and dairy. It's healthy for you and will keep you satisfied longer.

#BRONCFIT CHALLENGE - September 14th - October 1st, 2015

Join us for our Fall Fitness Challenge in which you can win great prizes simply by promoting an active/healthy lifestyle. To register for this challenge, come to the SRC during our Group Exercise Launch Party on Wednesday, September 9th from 6:30-8:30pm. You'll receive your official #broncfit workout towel and then you're on your way! For three weeks you'll snap some selfies of you and your friends engaging in fit/healthy decision making such as coming to the SRC for a workout, playing Intramural Sports, eating healthy meals and other healthy activities. Just post 3 times a week for 3 weeks and you're entered into the raffle for a fitness basket of prizes valued over $100.

Want to get paid to work-out?
Become a certified group exercise instructor and get paid to workout with your friends! The SRC will host a group exercise certification class for the new workout craze, CIZE® on Saturday, September 19th from 9am-5pm on court 3 in the Student Recreation Center. Learn the hottest professionally choreographed dance routines, step by step. From your first class, you'll be bustin' out moves you can take anywhere! It's so fun, so exciting, you'll forget you're actually working out! Join the movement and become certified! Email srcfit@rider.edu to register today!

Check out the video to see what all the craze is about!!! https://www.youtube.com/watch?v=09wBURTrJ5g
### Group Exercise Schedule

**9/10/15-12/20/15**

**Group Exercise Launch Party 9/9/15 from 6:30pm-8:30pm SRC COURTS**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Hatha Yoga</td>
<td>Butt &amp; Gut</td>
<td>Pilates</td>
<td>Barre Toning</td>
</tr>
<tr>
<td>12:00-1:00pm Studio 1</td>
<td>6:00pm-7:00pm Court 3</td>
<td>5:30pm-6:30pm Studio 1</td>
<td>11:30am-12:15pm Studio 1</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Kick &amp; Tone</th>
<th>Insanity</th>
<th>Pilates</th>
<th>Insanity</th>
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</thead>
<tbody>
<tr>
<td>5:30pm-6:30pm Studio 1</td>
<td>5:30pm-6:30pm Court 3</td>
<td>5:30pm-6:30pm Studio 1</td>
<td>5:30pm-6:30pm Court 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Zumba</th>
<th>Barre Toning</th>
<th>Butt &amp; Gut</th>
<th>Zumba</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30pm-7:30pm Court 3</td>
<td>6:30pm-7:30pm Studio 1</td>
<td>6:30pm-7:00pm Court 3</td>
<td>6:30pm-7:30pm Court 3</td>
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<table>
<thead>
<tr>
<th>Rider Ride</th>
<th>Cize</th>
<th>Vinyasa Yoga</th>
<th>SRC Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00pm-6:30pm Studio 1</td>
<td>7:00pm-8:00pm Studio 1</td>
<td>7:00pm-8:00pm Studio 1</td>
<td>Mon – Thurs</td>
</tr>
<tr>
<td>7:30pm-8:30pm Studio 1</td>
<td>7:30pm-8:00pm Court 3</td>
<td>7:00pm-8:00pm Court 3</td>
<td>6am – 12am</td>
</tr>
</tbody>
</table>

** SRC Hours**
- Mon – Thurs: 6am – 12am
- Fri: 6am – 11:30pm
- Sat – Sun: 9am – 11:30pm

*The SRC reserves the right to cancel classes if attendance averages less than three participants over a three week period. Class schedules are subject to change.*

**Classes Held at Westminster Choir Campus**

- **Zumba/Zumba Toning** – Tuesday, 5pm-6pm

**WCC Classes held in Seabrook Lounge**

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*Barre Toning* – Ballet Barre workout meets toning to get a lean, tone dancers body.

*Butt & Gut* – a half hour of leg/gluteal and abdominal work that is sure to Blast you into shape.

*Cize* – Break down professionally choreographed dance routines step by step and before you know it you’ll be bustin’ out hip moves to the hottest music. It’s so fun you’ll forget you’re working out.

*Hatha Yoga* – a multi-level yoga class that helps increase flexibility, strength and focus.

*Insanity* – Push your limits with this total body Max Interval Training workout that challenges you to keep your body working at maximum capacity. It is sure to get you into insane shape!

*Kick & Tone* - The perfect combination of cardio kickboxing and strength training. This class is guaranteed to increase your fitness level and tone your muscles.

*Pilates* – A total body workout that focuses on the core and spine to create strength, length and flexibility.

*Rider Ride* – Ride with us in this indoor cycling class which improves cardiovascular endurance and lower body strength.

*Vinyasa Yoga* – an active yoga class that helps increase flexibility, strength and focus. Students should be ready to work and sweat.

*Zumba* – Meringue your way to fitness with a high energy Latin and International cardio.

*Zumba/Zumba Toning* – 30 min of Zumba dancing followed by 30 mins for Zumba toning, which adds fun maraca-like weights for strength

*Low Impact*