COMING SPRING 2018

BASEBALL    BOLLYWOOD    BHANGRA    MEN’S BASKETBALL    EQUESTRIAN    HIP-HOP    STEP    FENCING    STRENGTH & FITNESS    ULTIMATE FRISBEE    MEN’S SOCCER    WOMEN’S SOCCER

SPORT CLUBS

@ADELPHIREC

FIND OUT HOW TO PARTICIPATE IN INTRAMURAL SPORTS & SPORT CLUBS ON CAMPUSREC.ADELPHI.EDU

RECREATION

COMING SPRING 2018

INTRAMURAL SPORTS
registration deadlines

5 V 5 BASKETBALL  
february 1, 2018

INDOOR SOCCER    
february 1, 2018

INDOOR VOLLEYBALL  
march 9, 2018

FLAG FOOTBALL    
march 29, 2018
<table>
<thead>
<tr>
<th>day &amp; time</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15PM</td>
<td>TRX CIRCUIT TRAINING LOUISE FT STUDIO</td>
<td>BARRE SUSAN RAQUETBALL COURT</td>
<td>HATHA YOGA DIANNE STUDIO</td>
<td>HATHA YOGA DIANNE RAQUETBALL COURT</td>
<td>ZUMBA EDNA STUDIO</td>
<td>FUNCTIONAL TRAINING STUDIO OPEN HOURS</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
</tr>
<tr>
<td>4:00PM</td>
<td>VINYASA YOGA SOLANGE STUDIO</td>
<td>FUNCTIONAL TRAINING STUDIO OPEN HOURS 4:00PM- 7:00PM</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
<td>POWER SCULPT JESS V FT STUDIO</td>
<td>WALK ADELPHI SHARAI INDOOR TRACK/OUTSIDE</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
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<tr>
<td>5:15PM</td>
<td>CYCLE JULIA STUDIO</td>
<td>POWER YOGA STEPHANIE STUDIO</td>
<td>BARRE SUSAN STUDIO</td>
<td>POWER YOGA STEPHANIE STUDIO</td>
<td>KICKBOXING JESSICA B STUDIO</td>
<td>KICKBOXING JESSICA B FT STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
</tr>
<tr>
<td>6:15PM</td>
<td>ZUMBA KELCEY STUDIO</td>
<td>ZUMBA MARIA STUDIO</td>
<td>CYCLE JULIA STUDIO</td>
<td>KICKBOXING JESSICA B STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
</tr>
<tr>
<td>7:15PM</td>
<td>HIIT JESS V STUDIO</td>
<td>POWER YOGA STEPHANIE STUDIO</td>
<td>POWER SCULPT JESS V FT STUDIO</td>
<td>KICKBOXING JESSICA B STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
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<td>8:00PM</td>
<td>30 MIN ABS JESS V FT STUDIO</td>
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All classes are 45 minutes in length. Classes run: January 29 - May 8. No classes: March 10-18, April 1, April 24.

To register - go to Adelphi Rec Registration on eCampus, create an account on Imleagues, and reserve a spot 24 hours in advance. Waiting lists available for every class. Please cancel your registration at least 30 minutes prior if you decide not to come.