

# HAFTER STUDENT COMMUNITY CENTER

## June 2022

### Get Connected

**Have you had your complimentary fitness assessment yet?**

With every membership we offer a complimentary fitness assessment and a complimentary training session. This is a great way to start or check your progress in your fitness journey!



Download the PT Fi Works App  
& schedule a session today.

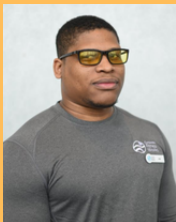
[Apple](#)



[Android](#)



### Meet Our Staff!



**Joe Riley**  
Program Manager



**Morgan Morris**  
Fitness Specialist



**Justine Stoner**  
Fitness Specialist



**Joseph Sherwin**  
Fitness Specialist

[Click Here](#) to view staff full bios.

Stop by HSCC to learn more about our team!

### Meet Our New Team Member

**Terrence (T.J.) Simpson**  
Fitness Specialist

TJ has a passion for being active and helping others stay active. His favorite class is stretching because he knows the importance of flexibility as you age.

# GROUP EXERCISE SCHEDULE June

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| 12:15 - 12:45 PM<br><b>Cardio Blast</b><br><i>Joe Riley</i> | 12:15 - 12:45 PM<br><b>Butts &amp; Guts</b><br><i>Justine</i> | 12:15 - 12:45 PM<br><b>Arms &amp; Abs</b><br><i>Justine</i> | 12:15 - 12:45 PM<br><b>Full body Power</b><br><i>Morgan</i> | 12:15 - 12:45 PM<br><b>Cardio Blast</b><br><i>Justine</i> |
|   |   |   |   |   |
| 5:15 - 6:00 PM<br><b>Power Up</b><br><i>Morgan</i>          | 5:15 - 6:00 PM<br><b>Ex-Press</b><br><i>Joe Riley</i>         | 5:15 - 6:00 PM<br><b>Reboot</b><br><i>Joe Sherwin</i>       | 5:15 - 6:00 PM<br><b>High Five</b><br><i>Joe Riley</i>      |   |



All Group Exercise classes are at your own pace and can be modified for anyone's goals and limitations. We hope to see you at our next class and hope you make it part of your exercise program!



# GROUP EXERCISE SCHEDULE June

## Class Descriptions

**POWER UP** - Get ready to feel strong! This strength and conditioning program is a fit for anyone wishing to improve their strength and endurance. This class will have you leaving feeling strong and confident every time!

**EX-PRESS** - Time to get it in and get out of here. Finish off your work/school day right. This 45 minute circuit training class designed for anyone whose goal is to lose weight and tone their body. This is an at your own pace timed workout circuit class.

**REBOOT** - Are you ready to REBOOT your Body! This is the best functional boot-camp you can find. This is suited for anyone looking to gain functional strength and increase the ease in which they perform activities of daily life.

**HIGH FIVE** - Ready for a new challenge! This circuit training class consisting of 5 minute circuits designed to increase metabolism and encourage weight loss. This at your own pace exercise class is suitable for anyone wishing to gain strength, endurance and lose weight.

**CARDIO BLAST** - Ready to get that heart pumping! This class is guaranteed to improve cardio endurance. Class will introduce something new every time but the result will be the same, a great workout!

**BUTTS & GUTS** - It is what it sounds like! This class is designed to sculpt and tone your lower body. Anyone looking to gain strength and definition in their legs, needs to be here!

**ARMS & ABS** - Doesn't get more simple than this. This class will get you toned in all the right places. Best for anyone looking to strengthen and sculpt their arms and stomach.

**FULL BODY POWER** - It's time to hit it all! This is a full body strengthening and toning class. If you are looking to lose weight and tone your body in all the right places, this is the class for you!

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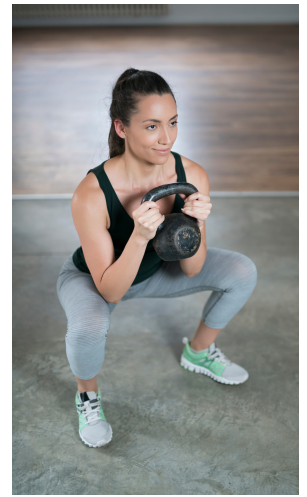
**Hours of operation:**  
**Monday-Friday: 6AM-8PM**  
**Saturday: 8AM-7PM**

**Questions? Comments?**  
Haftercenter@salus.edu  
215-780-1350

# Exercise of the Month - Goblet Squat

Great way to strengthen the quads and glutes, while also working on maintaining core stability.

- Perform exercise with a dumbbell or kettlebell.
- Hold the weight beneath you chin.
- Set your feet shoulder width apart pointing your toes slightly outward.
- Begin to squat down while keeping your chest forward.
- Once you reach your desired depth (thigh parallels to ground or lower) Return to starting position.
- Like with any exercise start with little to no weight to ensure proper form.



Having Trouble?  
Stop by the Fitness Center and talk to our staff!  
We are here to help.

## Did You Know?!

All HSCC Staff are Certified Personal Trainers!

We offer the following services:

- Body Composition Analysis
- Nutrition Consultations
- Goal Setting
- Custom Exercise Program Design

Talk to any of our staff for details and for any additional services we offer.

A vibrant, tropical-themed graphic for a summer promotion. It features a bright yellow sun with rays, green palm leaves, and blue waves at the bottom. The text "JUNE SUMMER SIZZLE" is prominently displayed in large, bold, stylized fonts. Below this, it says "Summer is heating up & it's time to get fit! Burn it off with this personal training promotion:". A list of services is provided: "8 fat-burning training sessions", "Food log analysis & nutrition counseling", "Access to our enhanced fitness app - PT Fit Works", and "Fitness assessment". The registration period "Register June 1st - 15th" is also mentioned. At the bottom, it states "Starting as low as:" followed by two options: "\$30 per session (virtual)" and "\$38 per session (in-person)". The Corporate Fitness Works logo is in the bottom right corner.

**JUNE SUMMER SIZZLE**

Summer is heating up & it's time to get fit!  
Burn it off with this personal training promotion:

- 8 fat-burning training sessions
- Food log analysis & nutrition counseling
- Access to our enhanced fitness app - PT Fit Works
- Fitness assessment

Register June 1st - 15th

Starting as low as:

- \$30 per session (virtual)
- \$38 per session (in-person)

Corporate Fitness Works

## HSCC Upcoming Closures

### June Schedule

**Monday June 20th Juneteenth Day -**

HSCC Closed.

**Saturday June 25th Adaptive Sports Day-**

HSCC Closed.

### July Schedule

**Monday July 4th Independence Day -**

HSCC Closed



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