



Hafter Student Community Center Newsletter

APRIL 2025

ELEVATE YOUR ENERGY

HOURS OF OPERATION:

M-F: 6 AM - 8 PM

Weekends: 8 AM - 7 PM

CONTACT THE TEAM:

haftercenter@salus.edu

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HIGHLIGHTS:

- x Holiday hours
- x Earth Day Track Decor
- x Jump Start



**Easter
Holiday
Hours**

Friday, April 18th 8 AM-4 PM

Saturday April 19th 8 AM-4 PM

Sunday April 20th CLOSED



Earth Day Track Decor

Check out our walking track for tips on outdoor activity safety and fun facts!



HOW TO JUMP START YOUR FITNESS JOURNEY

Starting a fitness journey can feel overwhelming but with the right approach, you can build momentum and stay consistent. Here are some tips to help you get started:

- Set clear & achievable goals
- Start small and build up
- Find activities you enjoy

SIGN FOR JUMP START PROGRAM

MORE INFO BELOW



5K YOUR WAY

COMING SOON!

May 21-June 1

CLICK HERE!

Or scan the code to learn more.




Powered by Corporate Fitness Works - A HealthFitness Company

Fit Clip: Moving Tree

MOVING TREE

Featuring: CFW Yoga Instructor, Elvan

Apr. 2025



✓ Focus: Balance & Recharge

✓ Equipment: None/Mat optional

Try the full workout on

CFW FIT STREAMING

Yoga Flow with Elvan

[Click here](#) to view our April Fit Clip. Enhance balance, stability, focus, and mobility with the Moving Tree.

SPECIAL OFFER

\$99

FOR 3 TRAINING SESSIONS



Jump Start

No Pressure – Just Progress

FREE Program Includes:

- 1-1 Consultation
- Equipment Orientation
- Introductory Workout
- Discounted Personal Training*

*One-time offer. No obligation to buy.



Select Request A Session, then choose Jump Start.

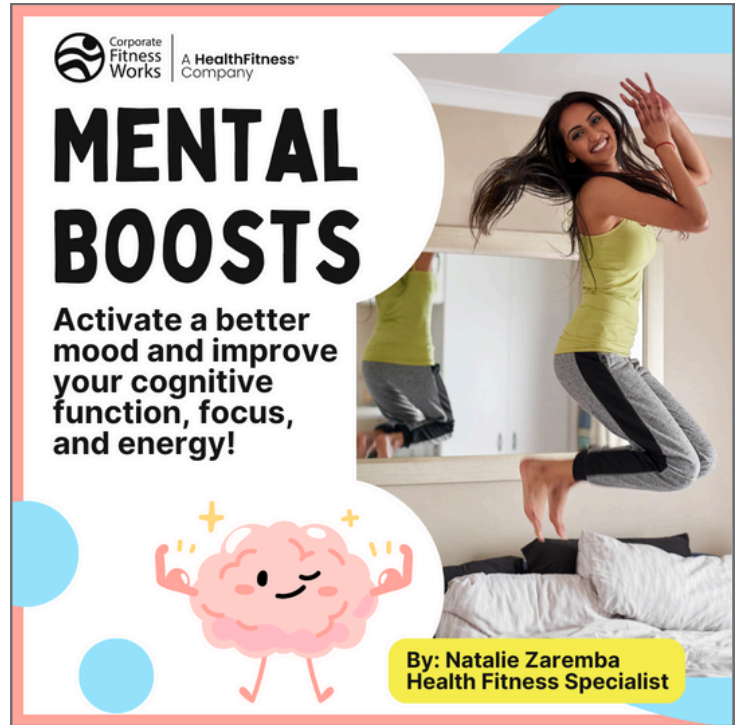
Corporate Fitness Works
A HealthFitness Company

CLICK HERE!

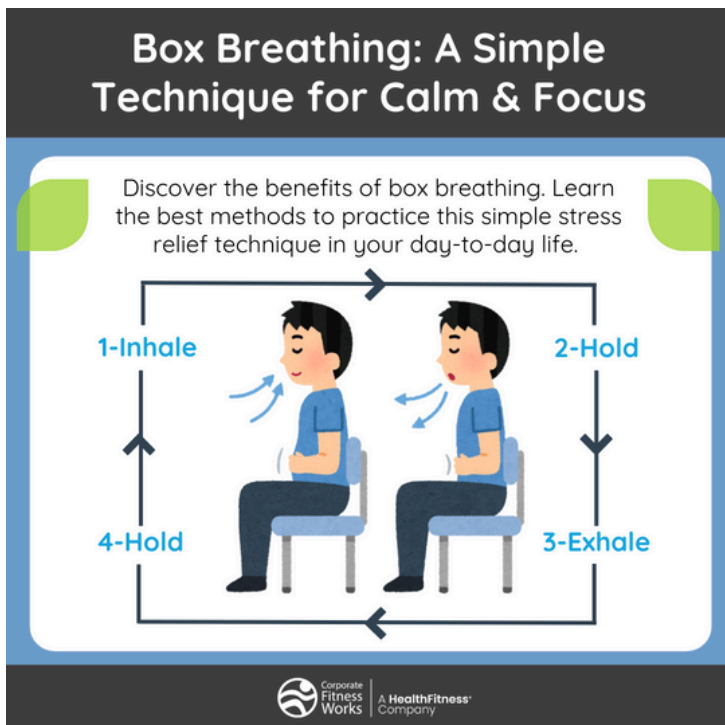
Stay in the Know



[Read More](#)



[Learn More](#)



[View Infographic](#)



[Get the Recipe](#)



Group Exercise Schedule

MON

Cycle & Strength
12:15p-12:45p
Joe

Restorative Yoga
5:15p-6:00p
Sam

TUE

Vinyasa Yoga
9:15a-9:45a
Sam

Cardio Kickboxing
12:15p-12:45p
Joe

Interval &
Strength
5:15p-6:00p
Boz

WED

Strength & Stretch
12:15p-12:45
Boz

Vinyasa Yoga
2:00p-2:45p
Sam

Interval &
Strength
5:15p-6:00p
Joseph

THU

Gentle Yoga
12:15-12:45
Sam

CARDIO DANCE
FIT
5:15p-6:00p
Boz

FRI

Cardio
Kickboxing
12:15-12:45
Joe



Meet your Team



Joe Riley

Health Fitness Program Manager
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**Samantha
Allman**

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Alyce Ruiz

Fitness Specialist

