



Hafter Student Community Center NEWSLETTER

APRIL 2024

ELEVATE YOUR ENERGY

HOURS OF OPERATION:

M-F: 6 AM - 8 PM

Weekends: 8 AM - 7 PM

CONTACT THE TEAM:

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HIGHLIGHTS:

x Seated Yoga LRC

x Inflammation Information

x Healthy Habit of the Month

STAY CONNECTED:

Follow Us on IG

@haftercenter



Squat Til You Drop

1000 Squat Club

Matthew C

Ki'Ara B

Abby W

Abigail R

Samantha A

Joe R

Hero S

Logan T

Seated Yoga In LRC

We're excited to collaborate with the CPPD and LRC to offer Seated Yoga at 12 PM on April 18th! Take a study break, reduce your stress, and learn about the relationship between exercise and mental health.

Inflammation Information

Join us on April 16th outside the cafe at our educational booth! Showing you what causes inflammation & how to fight it using, nutrition, yoga & resistance training



COMING SOON

May 15-25

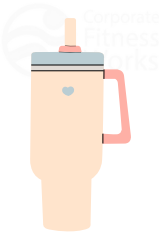
Powered by Corporate Fitness Works

Health Habit of the Month

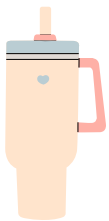
Carry a reusable water bottle.



This is a great way to make sure you stay hydrated, while also saving plastic--it's good for you *and* the environment! See below to learn how to infuse your water for added flavor without added sugar.



How can staying hydrated elevate your energy?



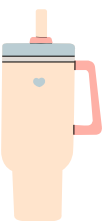
- Better workouts--less cramps, faster recovery, better circulation
- More focus--less fatigue and headaches
- Better digestion--reduce constipation, boost metabolism and satiety



How do I increase my water intake?



Start with drinking 8 oz. of water in the morning and 8 oz. of water with each meal (maybe instead of or in addition to another beverage). Make sure to hydrate during your workouts too!



Stay in the Know



[Check it Out!](#)



[Get the Recipe](#)



[Learn More](#)



[Read More](#)



Group Exercise Schedule

M

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

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

T

Vinyasa Yoga
8:15a-8:45a
Sam

Core Cutter
12:15p-12:45p
Will

Cardio Kickboxing
5:15p-6:00p
Joe R.

W

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

Mid-Week Recovery
12:15p-12:45p
Will

Interval & Strength
5:15p-6:00p
Joe S.

T

Core Cutter
8:15a-8:45a
Will

Restorative Yoga
12:15p-12:45p
Sam

Stretch & Reset
5:15p-6:00p
Amanda

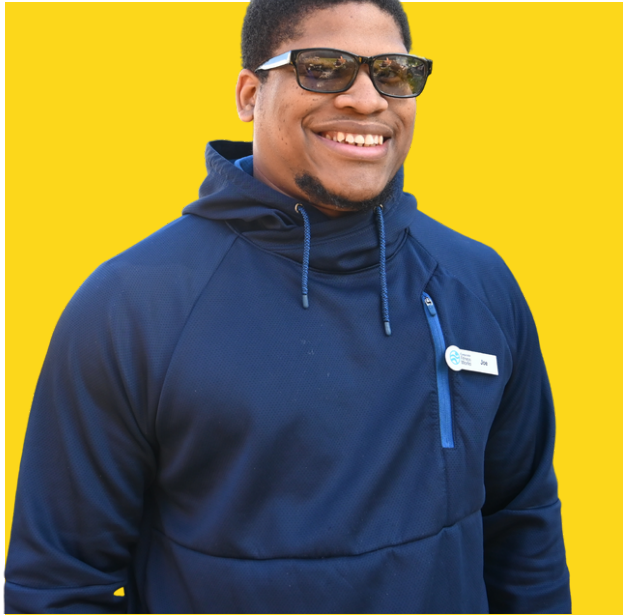
F

End-Week Recovery
8:15a-8:45a
Will

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



Meet your Team



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