



Hafter Student Community Center NEWSLETTER

DECEMBER

FINISH STRONG

HOURS OF OPERATION:

M-F: 6 AM - 8 PM

Weekends: 8 AM - 7 PM

CONTACT THE TEAM:

haftercenter@salus.edu

jriley@salus.edu

HIGHLIGHTS:

- x Gift of Personal Training
- x Health Tip
- x New Team Leaders

STAY CONNECTED:

For fitness tips and HSCC updates, follow us

@haftercenter

Meet Our New Team Members

Will Howell: A former college athlete and personal trainer for 5+ years. His passion is in exercises that improve your daily living and performance.

Samantha Allman: A new trainer with a passion for functional fitness and yoga. She loves to read books in her spare time.

Nutrition 101 Workshop

During Fit Fest Fusion the week of January 22nd, we will host a 30min workshop to identify healthy eating habits & proper nutritional needs. Bring your nutrition questions and leave with answers and some healthy recipes to try at home! more information to come in January.

Health Tip

Looking to stay fit during the Holidays? Remember to stay active, drink water, prioritize sleep and try and keep to routine as much as possible.

Holiday Closures

December 23rd Saturday 8 AM - 4 PM

December 24 - January 1 Closed



More info to come in January!



Contact haftercenter@salus.edu to purchase!

DB Incline Close Grip Bench

1. With your feet firmly planted on the ground, push the dumbbells up until your arms are fully extended, but do not lock your elbows. This is your starting position.
2. Slowly lower the dumbbells towards your chest, keeping your elbows close to your body and the dumbbells close together.
3. Pause briefly at the bottom of the movement, then push the dumbbells back up to the starting position, squeezing your chest muscles as you do so.
4. Repeat this movement for your desired number of repetitions, ensuring to maintain control of the dumbbells throughout the exercise.





Group Exercise Schedule

MON

Cycle & Strength

12:15 PM
(30 mins)

Restorative Yoga

5:15 PM
(45 mins)

TUE

Core Cutter

12:15 PM
(30 mins)

**Cardio
Kickboxing**

5:15 PM
(45 mins)

WED

**Mid-Week
Recovery**

12:15 PM
(30 mins)

**Interval &
Strength**

5:15 PM
(45 mins)

THU

Core Cutter

12:15 PM
(30 mins)

Vinyasa Yoga

5:15 PM
(45 mins)

FRI

**Interval &
Strength**

8:15 AM
(30 mins)

**Cardio
Kickboxing**

12:15 PM
(30 mins)



Group Exercise Class Description

Interval & Strength: Focused on lightweight, high-rep interval strength training. This class mixes cardio and strength training to provide an invigorating, full-body workout adaptable to all levels.

Vinyasa Yoga: a fluid yoga class that will energize both your body and your mind. Improve your flexibility and strength while practicing focusing your mind in this active but meditative practice.

Restorative Yoga: A deep stretching and relaxation. This class, slow and rejuvenating, will allow you to alleviate the tension in your muscles and fascia so you can reduce stress, facilitate recovery from other exercise, and even get better sleep!

Mid-Week Recovery: This class is designed to rid the body of knots and tension while improving blood flow. We'll use myofascial release, flexibility, percussion massage & more!!

Core Cutter: Your core is more than just your abs! This class is specifically targeted to strengthen your core in all planes of motion. With a strong core all other exercises and movements will be easier!

Cycle & Strength: This class is the perfect mix of cardio and strength training. We will spend equal time on and off the bike, working up a sweat and strengthening all your muscles at once.

Cardio Kickboxing: This class is equal parts cardio, strength and stress relief. Learn some boxing combinations, build strength and leave stress free.

All classes are adapted for ALL fitness levels and we encourage everyone to try!

Meet your Team



Joe Riley
Program Manager
jriley@salus.edu



Will Howell
Fitness Specialist
whowell@salus.edu



Sam Allman
Fitness Specialist
sallman@salus.edu



Joe Sherwin
Fitness Specialist
jsherwin@salus.edu