



HSCC May Newsletter

MAY 2025

EMPLOYEE HEALTH & FITNESS MONTH

HOURS OF OPERATION:

M-F: 6 AM - 8 PM

Weekends: 8 AM - 7 PM

CONTACT THE TEAM:

ljr72@drexel.edu

sallman@salus.edu

HIGHLIGHTS:

x 5K Your Way Registration

x New Class Schedule

x Memorial Day Hours

Memorial Day Hours

SAT MAY 24: 8 AM - 4 PM

SUN MAY 25: 8 AM - 4 PM

MON MAY 26: CLOSED



Outdoor Workouts for Springtime



Take advantage of warmer temperatures and sunny days!

- Find a nearby trail to walk or jog
- Bike to a friend's house
- Take your yoga mat to your yard or porch

Give Us your Feedback

Next time your in the HSCC look out for the QR code to leave us feedback!

We love to know how we are doing and where we could improve.



5K YOUR WAY

REGISTER NOW!

May 21-June 1

[CLICK HERE!](#)

Powered by Corporate Fitness Works - A HealthFitness Company

Fit Clip: Desk Strength

SEATED KNEE-LIFT TO EXTENSION

Featuring: CFW Coach Jess May 2025



✓ Focus: Workday Movement

✓ Equipment: Chair

▶ Try the full workout on **CFW FIT STREAMING**

[Desk Stretch Jess](#)

[Click here](#) to view our May Fit Clip. Coach Jess helps you build strength and stamina right at your desk!



5 WAYS TO HAVE A HEALTHIER DAY AT WORK

- Take a walk with a coworker
- Take a 5 minute stretch break at your desk
- Squeeze in a fitness class during your lunch break
- Pack fresh fruit for a snack
- Maintain your work life balance--don't let work follow you home

Corporate Fitness Works
A HealthFitness Company

Stay in the Know

BLOG ARTICLE

THE POWER OF INTERMITTENT EXERCISE

Written by: Ed Sherako,
CFW Health Fitness
Specialist



[Read More](#)



Desk-ercise

Simple strategies to increase your
daily movement at the desk.



Created by Manny Vera,
CFW Health Fitness Specialist



A HealthFitness[®]
Company

[Learn More](#)

From Head to Tread: Running Apparel

Gear Up and run strong!

When it comes to running,
the right apparel can make
all the difference! From head
to tread, check out our
infographic on how to stay
safe, comfortable, and
prepared this running
season.



[View Infographic](#)



Try this 5-minute

Watermelon Basil Electrolyte Slush!



[Get the Recipe](#)



Group Exercise Schedule



MON

Morning Energizer

11:15a-11:45a

Alyce

Cycle & Strength

12:15p-12:45p

Joe

Restorative Yoga

5:15p-6:00p

Sam

TUE

Cardio Kickboxing

12:15p-12:45p

Joe

Vinyasa Yoga

5:15p-6:00p

Sam



WED

Vinyasa Yoga

2:00p-2:45p

Sam

Interval &

Strength

5:15p-6:00p

Joseph



THU

Gentle Yoga

12:15p-12:45p

Sam

FRI

Cardio

Kickboxing

12:15p-12:45p

Joe

SAT

Low Impact Chair

Cardio

10:15p-10:45p

Alyce



Meet Your Team



Joe Riley
Health Fitness Program Managar
ljr72@drexel.edu



Samantha Allman
Health Fitness Specialist
sallman@salus.edu



Joseph Sherwin
Fitness Specialist
jsherwin@salus.edu



Alyce Ruiz
Fitness Specialist