

# Hafter Student Community Center NEWSLETTER

## NOVEMBER

### THANKFUL THOUGHTS

### 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 Planksgiving
- x Meet Our New Trainer
- x HoliSTAY Challenge

### STAY CONNECTED

- x Follow us on IG
- @haftercenter



## Meet Taylor Martino

### Our newest Team Member

Taylor is a certified Indoor Cycling Instructor and has experience leading dynamic interval training classes. She enjoys weightlifting, hiking and cycling. She believes you should find movement that you love!



## Holiday Closures

**Thursday November 23rd - Closed**

**Friday November 24th - Closed**

**Saturday November 25th - 8 AM - 4 PM**

**Sunday November 26th - 8 AM - 4 PM**

## Fit Fest Fusion 2024

It's back and better than ever!  
Let's get ready for a fun-filled week of *movement, nutrition, recharge and connection* with co-workers, friends, and CFW Team Leaders.

Stay tuned for more details highlighting our common themed event fusing **onsite** and **virtual** activities.



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## Exercise Of the Month

### Bulgarian Split Squat

- Step 1:** Stand with feet hip width apart and approximately 2 shoulder widths in length with shoelaces down on a bench. Set spine in neutral, dumbbells at your sides and core braced.
- Step 2:** Drop the trailing knee down until it is 1-2 inches off the ground maintaining a slight forward torso angle. Strive to achieve a 90° knee angle or thigh parallel at the bottom of the movement.
- Step 3:** Reverse the pattern and return to the starting position. Maintain posture throughout.
- Step 4:** Repeat for the desired number of repetitions. Ensure knee tracks in line with toes. Avoid lifting the front heel, allowing the knee to collapse inward while lowering. Keep laces flat on the bench (make sure the bench or box is the correct height to allow for this).

**Muscles Worked:** Quadriceps, Glutes, Groin

**Equipment:** Bench, Dumbbells





# Group Exercise Schedule

**MON**

**Cycle & Strength**

12:15PM (30m)

**Spin**

5:15PM (45m)

**TUE**

**Interval &  
Strength**

12:15PM (30m)

**Cardio  
Kickboxing**

5:15PM (45m)

**WED**

**Beginners Yoga**

12:15PM (30m)

**Interval &  
Strength**

5:15PM (45m)

**THU**

**Interval &  
Strength**

12:15PM (30m)

**Spin**

5:15PM (45m)

**FRI**

**Interval &  
Strength**

8:15AM (30m)

**Cardio  
Kickboxing**  
12:15PM (30m)



# Meet your Team



**Joe Riley**

*Health Program Fitness manager*

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**Joe Sherwin**

*Fitness Specialist*

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**Taylor Martino**

*Fitness Specialist*

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