

Welcome to SJU Hawk-Fit

The Official Fitness Program for Saint Joseph's University

**Fitness Classes • Personal Training • Private Group Camps
Fitness Center Management**



O'Pake Recreation Center on Maguire Campus
Saint Joseph's University
5600 City Avenue
Philadelphia, PA 19131

Call: 610-660-1355
Call/Text: 484-714-0396
Email: SJUHawkFit@gmail.com
SJUHawkFit.FrontDeskHQ.com

SJU Hawk-Fit

Introduction

Welcome to SJU Hawk-Fit!

This year we are rolling out an entirely new fitness class program! With flexible passes and memberships, and a variety of new classes to try, getting fit has never been easier or more fun on SJU's campus.

Fitness Classes

Taking a fitness class is a great way to take a break from school and work and do something both fun and healthy. You'll never be bored with the ever-changing workouts and diverse class schedule. We know your life is unpredictable, so we make it easy for you to workout at a time that is convenient for YOU. No need to commit to a particular class. With our flexible plans and passes you can try something new every week!

Personal Training

Sometimes you might feel like you need a little extra push to work to your full potential and maybe even target those problem areas. Schedule a personal training session with our certified personal trainers! You can choose a one-on-one session or even a small group, at a discounted rate.

Private Group Camps

You can work with us to schedule a private class for your club, department, sorority, fraternity, sports team, dorm floor, or even just a group of friends! Working out together can be a great team building experience and a great way to make working out fun. Email us for more information.

Hope to see you there!

Ann Marie Catania, SJU '11

Kelly Catania, SJU '13

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Saint Joseph's University Spring 2017 Fitness Class Schedule: Starting 1/23/2017

This is a tentative schedule. Classes may be added or removed based on demand. Please check the online schedule for the most up to date information.
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Classes in Crimson Boxes are open to Students (S) of Saint Joseph's University.				Classes in Grey Boxes are open to Faculty & Staff (F/S) of Saint Joseph's University.			
O'Pake	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15am	Hawk-HIIT (S)			Power Yoga (S)			
12:15pm	Hawk-HIIT (F/S)	SJU Circuit (F/S)	Express-Fit (F/S)		Yoga (F/S)	Hawk-HIIT (S)	
12:30pm					Boot Camp (S)		
1:00pm		SJU Circuit (S)	Express-Fit (S)				
1:45pm			Cardio Barre (S)				
2:30pm			Total Body Conditioning (S)				
3:00pm				Barre Burn (S)			
4:30pm				SJU Circuit (S)			
5:00pm	Total Body Conditioning (S)						
5:15pm		Zumba (F/S)		SJU Circuit (F/S)			
6:00pm	Zumba (S)	TANG (S)					
7:15pm	Candlelit Yoga (S)						
8:00pm			Boot Camp (S)				

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Class Descriptions

Total Body Conditioning - This one's a favorite! Starts with a warmup, followed by 4 rounds of 8 exercises that will target each muscle group for a full body workout.

Zumba – Zumba™ is a fun way to dance your way to a healthy body! With Latin-inspired music and easy to follow dance moves, you will begin to burn calories and sculpt your body.

Core + Flexibility - Target your abs and center with core conditioning, followed with controlled stretching to increase flexibility which can reduce injuries in future training sessions and classes

Express-Fit - This short and sweaty class will give you a full body workout in just 30 minutes! Great for those days when you just don't have the time. Think of it like a mini trip to the gym, without having to wait around for your machines or weights.

Bootcamp (Indoor/Outdoor) - Get an intense workout and challenge yourself to a series of cardio drills and body weight exercises. We will be working out both inside the studio and outside, so be sure to dress accordingly!

SJU Circuit - This HIIT-style class made up of high intensity exercises uses everything from weights and the Bosu, to the suspension trainer and your own body weight!

Barre Burn - This barre class combines Pilates, yoga, and ballet moves. It is a low impact class, but you will definitely feel the burn! Through a variety of isolated movements, you will begin to sculpt your body. No dance experience required. Yoga socks (with rubber grips) or are encouraged.



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2017 Class Descriptions

T.A.N.G. - “Tight Abs N’ Glutes”- this will target everyone’s favorite “problem areas”: abs and glutes!

Hawk HIIT – This class is just 35 minutes but you will get an intense workout that will keep your body burning off calories even after class has ended! High Intensity Interval Training is the key to seeing results in less time.

Candlelit Yoga– This evening class will teach you the basics of yoga, in a calming candlelit environment.

Power Yoga– This yoga class is the best way to refocus, destress, and get an awesome workout all in one! Great for athletes looking to add some much needed stretching into your weekly workout routine, or anyone interested in seeking the unlimited benefits of practicing yoga.

Yoga – This “express” yoga class is specifically for the faculty and staff at SJU and is 45 minutes long.

Cardio Barre – A great combination class which brings together aerobic exercises class to bring up the heart rate, and some traditional barre exercises to work on your muscle definition. This is the ultimate calorie burning combination!



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2016 – 2017 Rates & Pricing

Fitness Classes		
Drop-In Rate	\$15	
14 Class Pass	\$98	Expires End of Semester
28 Class Pass	\$168	Expires End of Semester
One Semester – Unlimited	\$175	Valid Fall or Spring Semester Only.
Two Semester – Unlimited	\$299	Valid Fall & Spring Semester Only.

Personal Training		
30 Minute Session		
Single Session	\$25	Expire May 11, 2017
10 Sessions	\$240	Expire May 11, 2017
20 Sessions	\$450	Expire May 11, 2017
45 Minute Session		
Single Session	\$35	Expire May 11, 2017
10 Sessions	\$340	Expire May 11, 2017
20 Sessions	\$650	Expire May 11, 2017

Small Group Training		
30 Minute Session		
2 People	\$40 Total (+\$10 Per Additional Person)	
45 Minute Session		
2 People	\$55 Total (+\$12 Per Additional Person)	
Send us a message for more information on multiple sessions.		



SJU Hawk-Fit

Gym Membership Information

Membership

Full Time SJU Students and Employees (and their families) are provided with membership to all recreation facilities. A valid SJU ID is needed to gain access to the facilities.

Memberships are available for purchase for part-time students, alumni and friends of SJU.

2016 Membership Pricing

Member Type	4 months	8 months	12 months
Part Time SJU Student	\$45 single/\$75 family	\$75 single/\$125 family	\$100 single/\$175 family
Young Alumni (2016 graduate)	\$150 single/\$250 family	\$200 single/\$350 family	\$250 single/\$450 family
Alumni	\$200 single/\$350 family	\$300 single/\$600 family	\$450 single/\$800 family
Friend of SJU	\$300 single/\$500 family	\$500 single/\$800 family	\$750 single/\$1200 family

*Family memberships , as defined by the IRS, include spouse and dependant children

Membership registration and payment for use of the Saint Joseph's University Recreation Facilities can be found a : https://epay.sju.edu/C21318_ustores/web/store_main.jsp?STOREID=59&SINGLESTORE=true

CURRENT SJU EMPLOYEES - please contact Corey Shannon to activate your family membership at cshannon@sju.edu. You do not need to register online.

Please allow 5 business days after payment for applications to be processed. You will receive an email once your membership is active. Once active, if you do not have a SJU ID you will need to secure one from Public Safety (located in Barbelin Hall). You will not be permitted to obtain an ID card until your active in the system, so please wait for confirmation. If you are a community member you will need a SJU ID card to access the facilities - no exceptions. If you have questions regarding membership, please contact cshannon@sju.edu

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O'Pake Recreation Center Fall 2016 Hours of Operation

O'Pake Recreation Center Fall 2016 Hours

Monday-Thursday: 730am-1030pm

Friday: 730am-830pm

Saturday: 10am-7pm

Sunday: 10am-9pm

O'Pake Recreation Center Pool Hours

(located in the Recreation Center on the Maguire Campus)

Open Swim

Monday-Friday: 3pm-8pm

Maguire Pool Hours

(located in the Athletic Center on the Philadelphia Campus)

Monday-Friday: 7am-8:30am and 11am-330pm

Saturday-Sunday: 12pm-530pm

See website for holidays and closings.



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Contact Information

SJU Hawk-Fit

Ann Marie Catania

Kelly Catania

Fitness Center, Group Exercise, Multi-Purpose Room (Maguire)

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