

### 3 EASY WAYS TO SIGN UP!

1) SCHEDULE YOUR  
ORIENTATION DURING THE  
FITNESS INSTRUCTORS'  
HOURS.

OR

2) SCHEDULE YOUR  
ORIENTATION  
VIA E-MAIL TO  
BELFIORE@ADELPHI.EDU

OR

3) CALL THE FITNESS  
CENTER ATTENDANT AT  
X4281

APPOINTMENTS AVAILABLE  
ON THE HOUR ONLY.  
PLEASE SCHEDULE 24  
HOURS IN ADVANCE.



Contact Us:

Adelphi University

Campus Recreation

Woodruff Hall

1 South Avenue

Garden City, NY 11530

516-877-4242

516-877-4243

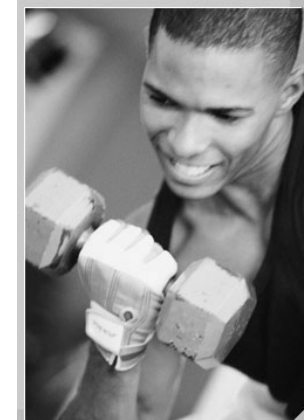
[Http://students.adelphi.edu/  
campusrec/](http://students.adelphi.edu/campusrec/)



## **FITNESS ORIENTATION PROGRAM**

Ever wanted exercise guidance but  
couldn't find any?

Ask for our new fitness instructors  
today and schedule an appointment  
for a free fitness orientation.



# WHAT WE ARE OFFERING

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Students can sign up with one of our two fitness instructors for a full 45 minute orientation to the fitness center. During the orientation students will learn how to properly use both cardiovascular and weight training machines. Free!

## Hours

Fitness instructors will be available:

Monday /Wednesday/Friday

12noon - 7:45pm

**ALL APPOINTMENTS ARE MADE ON THE HOUR DURING THESE TIMES**

## Scheduling

Schedule an appointment directly with one of our fitness instructors, or contact campus recreation by e-mail. Include the following:

- **Name**
- **Age**
- **Year in school**
- **Have you exercised before.** *y/n*
- **Date/Time Requested**

*(Only available on the hour from 12noon-7pm on Mon, Wed, & Fri)*

## How will a fitness orientation benefit you?

- Learn how to properly utilize both cardiovascular and strength training equipment.
- Learn the proper form for executing all exercise in a safe and effective manner.
- Students will also be provided with some basic exercise guidelines that anyone can follow!
- Our fitness instructors will also be available to answer any questions you may have regarding exercise-

TAKE ADVANTAGE!

## Our Fitness Instructors

**Liz Di Rico**



Liz is a senior at Adelphi majoring in Exercise Physiology. She holds a certification from the American College of Sports Medicine (ACSM) as a Health/Fitness Instructor as well as a CPR/AED certification from the American Red Cross. Liz's professional experience includes working with Adelphi's Adult Fitness Program and assisting in exercise testing at Adelphi's Human Performance Lab. For the past nine months Liz has worked for Peak Performance Physical Therapy, Fitness & Wellness in Lynbrook, NY training a wide range of populations, from extremely fit high school and collegiate athletes to older, previously sedentary individuals and post-physical therapy patients.

**Krystle Monroe**



Krystle is a senior at Adelphi majoring in Exercise Physiology. She holds a certification from the American Red Cross in First Aid. Krystle's professional experience includes working with Adelphi's Adult Fitness Program and assisting exercise testing for the past five months. For the past year and a half Krystle has worked for Pro Sports Physical Therapy in Huntington, NY assisting patients with their rehabilitative exercises.