

Hafter Student Community Center Newsletter

NOVEMBER 2024

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

sallman@salus.edu

whowell@salus.edu

HEADING:

x Heat Immersion Booth

x Fitness Assessments

x Food Drive

HEADING:

Follow us on IG

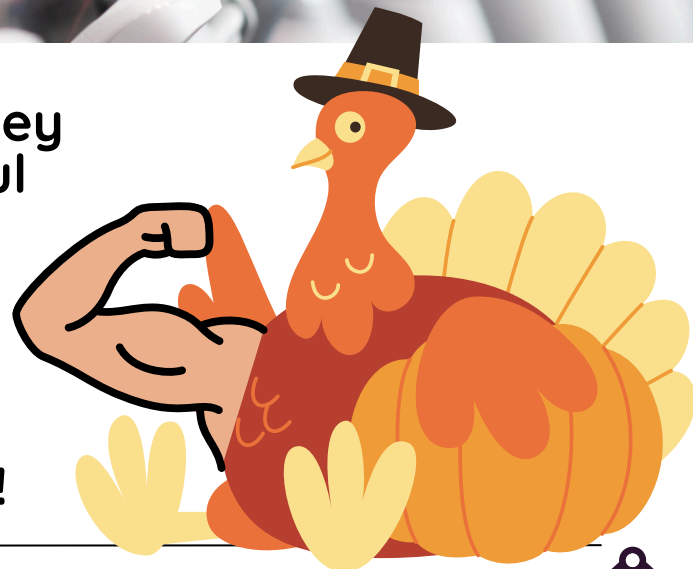
@haftercenter to stay up to

date on everything Hafter

Center related

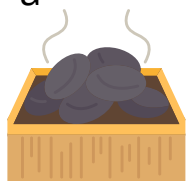


Buff Turkey is thankful for members who RE-RACK THEIR WEIGHTS!



Heat Immersion Booth

Curious about the sauna? How about hot yoga? Stop by the Hafter Center to learn the benefits & cautions about heat immersion and warm yourself up in a sauna trial!



Fitness Assessments

Did you know that Fitness Assessments are INCLUDED in your membership? Schedule yours today in the PT FitWorks app, or by stopping by the desk! We can test your body fat percentage, metabolic age, fitness level, and more so you can work towards your fitness goals with confidence.



Salus at
Drexel University





HOLI-STAY IN SHAPE

Maintain your weight through the holidays and earn \$50 towards future Personal Training!



Register Now!

Set Register Now text to link to intake form once available then remove this text box.

Haftler Center

Food Drive

Let's Share & Care

Items needed:
Canned goods, peanut butter, pasta, cereal, condiments, flour, sugar, cooking oils, spices, baby food, other non-perishables

NOW through Nov 31st

Drop-off location:
HSCC Desk

Salus at Drexel University

Let's Keep Moving Together!

CFW FIT STREAMING

Let's Reach New Heights Together!

Set Opt-in Here to your site CFW Fit Streaming sign-up landing page then delete this text box. Remove if NA.

Tap into your FREE virtual fitness benefits today.

Sign-up online and then download the app for access on the go.

Need access?

[Opt-in Here!](#)

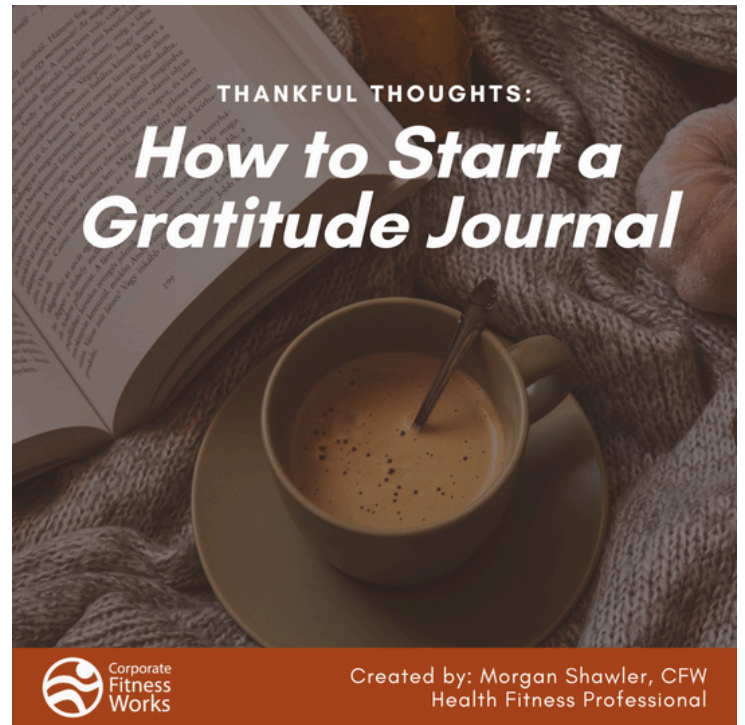
Have an account?

[Login Here!](#)

Stay in the Know



[Read More](#)



[Learn How](#)



Enjoy your favorite holiday foods with a healthier twist. Try these nutritious ingredient swaps that keep the flavor while boosting the health benefits of your festive meals!

[View Infographic](#)



[Get the Recipe](#)



Group Exercise Schedule

M

Cycle & Strength

12:15p-12:45p

Joe

Restorative Yoga

5:15p-6:00p

Sam

T

Vinyasa Yoga

8:15a-8:45a

Sam

Core Cutter

12:15p-12:45p

Will

Cardio Kickboxing

5:15p-6:00p

Joe

W

Vinyasa Yoga

9:15a-9:45a

Sam

Mid-Week Recovery

12:15p-12:45p

Will

Interval & Strength

5:15p-6:00p

Joseph

T

Core Cutter

8:15a-8:45a

Will

Gentle Yoga

12:15p-12:45p

Sam

F

End-Week Recovery

8:15a-8:45a

Will

Cardio Kickboxing

12:15p-12:45p

Joe

S

Resistance

9:15a-9:45a

Shareea

Insert other pertinent details like highlighting new classes or registration info, descriptions

Meet your Team



Joe Riley

Health Fitness Program manager

jriley@salus.edu



Samantha Allman

Health Fitness Specialist

sallman@salus.edu



Will Howell

Health Fitness Specialist

whowell@salus.edu



Shareea Terrell

Fitness Specialist



Joseph Sherwin

Fitness Specialist