



# Hafter Student Community Center Newsletter

**OCTOBER 2024**

**ADHERENCE IS KEY**

**HOURS OF OPERATION:**

M-F: 6 AM - 8 PM

Weekends: 8 AM - 7 PM

**CONTACT THE TEAM:**

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**HIGHLIGHTS:**

Costume Contest

Keys to Consistency

Fall Freebie

Group Class Spotlight

**STAY CONNECTED:**



Follow us on IG

@haftercenter to stay up to

date on everything Hafter

Center related

## Keys to Consistency



**Carve Out Time:** Set aside a dedicated time each day for your workout.



**Create a Monster Routine:** Build a plan that works for you. Mix ghoulish cardio and frighteningly fun strength training



**Form a Fiendish Coven:** Whether it's a workout partner or group fitness class, let your coven hold you accountable.

**BEWARE, YE WHO RE-RACK NOT YER WEIGHTS! PUT THEM BACK OR RISK HAUNTING BY THE HAFTER CENTER GHOST! BOO!**



## Halloween Costume Contest

Stop by the front desk in Hafter wearing your Halloween costume on 10/31/24 to have your name entered into our holiday raffle!

Win 1 free PT session with the trainer of your choice.



Salus at Drexel University

**FALL  
FREEBIE**  
PERSONAL TRAINING  
OCTOBER 7-18

**SHOP HERE**

Purchase in the online store.  
Select **SPECIAL DEALS** for  
discount.

**BUY 5  
GET 1  
FREE**

Corporate  
Fitness  
Works

## Health Benefits of Pumpkin

Tis the season of pumpkin treats! While it's important to keep an eye on the ingredients and added sugar in fall treats, fresh pumpkin and pumpkin seeds can actually offer several health benefits.

### Pumpkin offers:



- Vitamin A for immunity
- Lutein and zeaxanthin to support eye health

### Pumpkin seeds offer:



- Magnesium for heart and blood pressure health
- Minerals such as selenium, zinc, and copper to improve sleep
- Omega-3's for mental and heart health

## More Movement & Motivation Group Exercise Class Spotlight Interval & Strength


Focused on lightweight, high-rep interval strength training. This class mixes cardio and strength training to provide an invigorating, full-body workout adaptable to all levels.

Testimonial:






# Stay in the Know



**Finding Your Drive:**  
Intrinsic vs. Extrinsic Motivation in Health & Fitness

By: Elisa Denning, CFW Fitness and Marketing Professional



[Read More](#)



**Mental MESSAGES**

By Erica K. Daniels, CFW Fitness Professional

Harness the powerful practice of mental messages to help reach your goals.

[Learn How](#)



**OCTOBER**  
Movement of the Month

**BEAR QUAD EXTENSION**

with Coach Julian



[View the Demo](#)



**Healthy Hot Apple Cider**

Apples are high in both soluble and insoluble fiber, making them great for digestion.

Enjoy the added benefits of the vitamins, minerals, and fiber in the fresh fruit garnishes.



[Get the Recipe](#)

# Group Exercise Schedule

**M**

**Cycle & Strength**

12:15p-12:45p

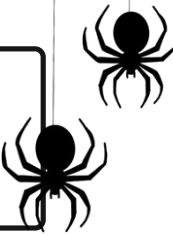
*Joe*



**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*





# Meet your Team



**Joe Riley**

*Health Fitness Program manager*

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**Samantha Allman**

*Health Fitness Specialist*

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**Will Howell**

*Health Fitness Specialist*

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**Shareea Terrell**

*Fitness Specialist*



**Talk to one of our  
experienced  
trainers today. It  
can't kill you to  
ask for help!!**



**Joseph Sherwin**

*Fitness Specialist*