



# Equipment

If you would like to schedule an Equipment Orientation session contact Somdeep Appineni at 484-553-7573 or e-mail [sappinen@ic.sunysb.edu](mailto:sappinen@ic.sunysb.edu).

# Orientation

Please wear comfortable gym clothing. No shoes or jeans. The session will be about 45 minutes to an hour long located at the Wellness Center.

# Session

