

# Wellness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Open Fitness SRC Main - AM Cycling SRC East - JK Sunrise Yoga SRC West - CS	Open Fitness SRC Main - MS Gravity SRC East - AM	Open Fitness SRC Main - AM Cycling SRC East - BC Sunrise Yoga SRC West - CS	Open Fitness SRC Main - MS Gravity SRC East - AM	Open Fitness SRC Main - AM Cycling SRC East - AV		
8:00 am	Open Fitness SRC Main - PH	Pilates SRC West - PH	Open Fitness SRC Main - PH	Pilates SRC West - PH			
9:30am						Cycling SRC East - JK/BC/ ALM	
10:30am		Yoga SRC West - EM		Yoga SRC West - EM		Zumba SRC West - AT/LH	
11:30am	Open Fitness SRC Main - PH Gravity SRC East - BS Chisel & Sculpt SRC West - AM	Open Fitness SRC Main - MB Cycling SRC East - AV Zumba SRC West - MM	Open Fitness SRC Main - PH Gravity SRC East - BS Chisel & Sculpt SRC West - AM	Open Fitness SRC Main - KS/PH Cycling SRC East - AV Zumba SRC West - CJ	Open Fitness SRC Main - KJO Gravity SRC East - BS Chisel & Sculpt SRC West - AM	Strong SRC West - YT	
12:30pm	Open Fitness SRC Main - AM Zumba SRC West - SY TRX SRC Silver - BS	Open Fitness SRC Main - MB Boot Camp SRC West - RM	Open Fitness SRC Main - AM Zumba SRC West - SY TRX SRC Silver - BS	Open Fitness SRC Main - KS/PH Boot Camp SRC West - RM	Open Fitness SRC Main - KJO Zumba SRC West - SY TRX SRC Silver - BS	Open Fitness SRC Main - KJO/MB	Open Fitness SRC Main - KJO/ AM/BS/PH
1:30pm	Yoga SRC West - SR		Yoga SRC West - SR				
4:30pm	Open Fitness SRC Main - B	Open Fitness SRC Main - B	Open Fitness SRC Main - BS	Open Fitness SRC Main - BS	Open Fitness SRC Main - B		
5:30pm	Open Fitness SRC Main - BS Cycling SRC East - ALM Pilates SRC West - BW	Open Fitness SRC Main - KJO Gravity SRC East - BS Zumba SRC West - YT	Open Fitness SRC Main - BS Cycling SRC East - ALM	Open Fitness SRC Main - KJO Gravity SRC East - BS Zumba SRC West - YT	Open Fitness SRC Main - BS		
6:30pm	Open Fitness SRC Main - BS Zumba SRC West - SY	Open Fitness SRC Main - BS Yoga SRC West - LyW	Open Fitness SRC Main - BS Zumba SRC West - SY	Open Fitness SRC Main - BS Yoga SRC West - LW			
7:30pm		Open Fitness SRC Main - BS		Open Fitness SRC Main - BS			

updated:05/03/19

## Instructors

Schedule is subject to change. For the most current please check our facebookpage @UIdahoWellness

Aimee - AT	Audrey - AV	Brianna - BW	Elizabeth - EM	Kayla - KB	Lisa - LW	Melissa - MB	Rachel - RM	Yuki - YT
Alex - ALM	Ben - BS	Cameron - CJ	Jon - JK	Kaylee Jo - KJO	Lydia - LyW	Michael - MS	Savannah - SR	
Andy - AM	Brad - BC	Chelsea - CS	Kandi - KSw	Leah - LH	Melanie - MM	Peg - PH	Sung - SY	

## Hours

### Student Recreation Center

Mon-Thurs: 6am - 11pm  
Friday: 6am - 9pm  
Saturday: 9am - 9pm  
Sunday: 11am - 11pm

### Climbing Center

Weekdays: Noon -9pm  
Saturday: 9am - 8pm  
Open Youth: 9am -2pm  
Sunday: 2pm - 8pm

### Campus Recreation Office

Weekdays: 8am - 6pm  
Weekends: Closed

website: [uidaho.edu/campusrec](http://uidaho.edu/campusrec) | phone: (208) 885-6381



# Class Descriptions

**Barre:** is a dance inspired fitness class which will include a warm-up, stretching, ballet style exercises, core work and help you develop long lean toned muscles.

**Belly, Butt & Thighs:** is a intense workout designed to blast your core, tone your tush and tighten your thighs. This mostly lower body workout will help you get your sweat on.

**Boot Camp:** Is a whole body workout Using body weight, bands, ropes, sandbells, and much more. Your whole body will be worked from top to bottom....let the sweat begin.

**Chisel & Sculpt:** This class will use light hand weights & basic body toning moves to help you stay toned & healthy. This class will focus on functional moves, core strength & balance along with range of motion.

**Cycling:** Endurance rides, hill climbing and flats, you will experience exhilarating indoor rides that take you through all types of terrains & intensity levels.

**Gravity:** Dynamic workout on the GTS, designed to provide group strength training that can be individualized to each participants fitness levels - without sacrificing technique, variety, challenge & importantly 'fun.'

**Open Fitness:** Intimidated by the weight room? Need some training advice? This class has a personal trainer to answer your questions.

**Pilates:** A full body exercise that educates, realigns, and balances the body, which builds lean, flexible muscles. Pilates increases coordination and improves body alignment and posture while relieving stress and tension.

**Strong:** Combines Zumba based interval training to improve muscular endurance, tone and definition.

**Sunrise Yoga:** Move into balance! Yoga practice brings strength, flexibility, & peace.

**TRX:** Suspension Training body weight exercise develops strength, balance, flexibility and core stability. TRX exercises allow for the use of multiple planes of motion and work multiple muscles and joints simultaneously.

**Yoga:** This is a flow yoga class with modifications for all levels. This will open & warm your muscles.

**Zumba®:** Join the latest fitness craze. If you love to jazz & dancercise you will love Zumba®. Move to the Latin beat in the high energy fitness class, great for all levels and abilities. Have fun and shake your booty in this dance class.

## INTRO TO FITNESS

4 sessions with a Personal Trainer - \$120



Contact:

pegh@uidaho.edu  
or (208) 885-9355

## VANDALIZING THE KITCHEN

Learn the basics of cooking fun and easy meals on a college budget! Classes are FREE for all U of I students

One Pot Meals - January 30

Healthy Desserts - March 28

Pizza Night - February 26

Vegetarian & Vegan Meals - April 23

Classes are held at the Student Recreation Center Classroom 4-5pm.  
You can also earn Personal Fitness Credit.

All skill levels are welcome!

## Personal Training

Wellness Program Personal Trainers are certified by national organizations including the American Council on Exercise (ACE) and the American College of Sports Medicine (ACSM). Personal Trainers also receive additional training prior to and while they are working.

Our Personal Trainers have a variety of specialties including:

- Sports specific training
- Training novice exercisers
- Weight management
- Strength training
- Cardiovascular training

## Personal Training Options

All new clients must go through an assessment prior to beginning training.

### Personal Training Options

Body Comp Testing	\$8
Intro to Fitness (4 sessions)	\$120
1 Session	\$35
4 Sessions	\$120
10 Sessions	\$275
20 Session	\$500

### Partner Personal Training

	1 Visit/4 Pack
2 People	\$45/\$165
3 People	\$60/\$225
4 People	\$75/\$280



## Wellness Pass Options

### University of Idaho Affiliated

Single Passes:	\$4 per visit
Unlimited Special:	\$125

### General Public

Single Passes:	\$4 per visit
Unlimited Special:	\$125

### Personal Fitness Credit for Students

One Personal Fitness Credit: 18-Use pass \$50  
Maximum of two credits per semester.

*Unlimited Wellness Passes good through August 25, 2019*

# FIND WHAT MOVES YOU

