# Wellness Classes

## Spring Schedule - January 10 - May 11

### Instructors

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Class Type</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Aimee - AT</td>
<td>AT</td>
<td>6:15am</td>
<td>SRC Main-JS</td>
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<tr>
<td>Audrey - AV</td>
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<tr>
<td>Ben - BS</td>
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<tr>
<td>Brad - BC</td>
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<tr>
<td>Cailin - CP</td>
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<tr>
<td>Cameron - CA</td>
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<td>Chuck - CS</td>
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<td>Gentry - GT</td>
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<tr>
<td>Jessica - JD</td>
<td>JD</td>
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<tr>
<td>Jon - JK</td>
<td>JK</td>
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<tr>
<td>Kayla - KB</td>
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<tr>
<td>Kaylee - KO</td>
<td>KO</td>
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<tr>
<td>Kandi - KSw</td>
<td>KSw</td>
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<tr>
<td>Kimberly - KM</td>
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<tr>
<td>Michael - MS</td>
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<tr>
<td>Sung - SY</td>
<td>SY</td>
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<tr>
<td>Yuki - YT</td>
<td>YT</td>
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<tr>
<td>Zach - ZM</td>
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### 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:** uiddaho.edu/wellness | **Phone:** (208) 885-6381

**Updated:** 3/14/18
Abs and Glutes: This class focuses on core strength and lower body toning. The instructor also incorporates exercises for the lower back to maintain muscle balance.

Ashtanga Yoga: This class uses synchronized breathing through progressive postures. The result is improved circulation, flexibility, balance, and a calm mind.

Barre: Using elements of dance, yoga, and pilates, this low impact workout will sculpt muscles, increase flexibility, and promote weight loss.

Belly Dancing: Learn to move your body in exotic ways. A fun way to work your whole body.

Bootcamp: 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 posture while relieving stress and tension.

Power Vinyasa: This class will flow you through powerful asanas designed to invigorate your mind and body. With the use of body weight, flexibility and focus you will gain strength, range of motion and a sense of calm well-being.

Sunrise Yoga: Move into balance! Yoga practice brings strength, flexibility, & peace of mind. We work with your strengths & your weakness in this class.

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.

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

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**Class Descriptions**

**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**

<table>
<thead>
<tr>
<th>Category</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Body Comp Testing</td>
<td>$8</td>
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<tr>
<td>Intro to Fitness (3 sessions)</td>
<td>$120</td>
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<tr>
<td>1 Session</td>
<td>$35</td>
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<tr>
<td>4 Sessions</td>
<td>$120</td>
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<tr>
<td>10 Sessions</td>
<td>$275</td>
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<tr>
<td>20 Session</td>
<td>$500</td>
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**Partner Personal Training**

- 2 People: $45/$165
- 3 People: $60/$225
- 4 People: $75/$280

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**Wellness Pass Options**

**University of Idaho Affiliated**

- Single Passes: $4 per visit
- 18-Use Pass: $50
- 36-Use Pass: $90
- 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.

**Spring 2018 Passes good through August 19, 2018**

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**Find What Moves You**

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*University of Idaho Campus Recreation*