<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>6:15am</td>
<td>Open Fitness SRC-JS</td>
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<tr>
<td></td>
<td>Sunrise Yoga SRC-West-EM</td>
<td>Sunrise Yoga SRC-West-EM</td>
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<td>Open Fitness SRC Main-RM</td>
<td>Cycling SRC East-JK/BC/AV/DM</td>
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<tr>
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<td>Open Fitness SRC Main-RM</td>
<td>Open Fitness SRC Main-RM</td>
<td>Zumba SRC West-CP/AT/LH/GT</td>
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<tr>
<td>11:30am</td>
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<td>Cycling SRC East-KSw</td>
<td>Chisel &amp; Sculpt SRC West-GR</td>
<td>Zumba SRC West-GR</td>
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<td>Open Fitness SRC Main-KO</td>
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<tr>
<td></td>
<td>Chisel &amp; Sculpt SRC West-GR</td>
<td>Zumba SRC West-GR</td>
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<td>Open Fitness SRC Main-B5</td>
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<td>Zumba SRC West-GR</td>
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<tr>
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<tr>
<td>1:30pm</td>
<td>Power Vinyasa SRC West-JD</td>
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<td>Power Vinyasa SRC West-JD</td>
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<td>BootCamp SRC West-RM</td>
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<tr>
<td>3:30 pm</td>
<td>Abs &amp; Glutes SRC West-ZM</td>
<td>BootCamp SRC West-RM</td>
<td>Abs &amp; Glutes SRC West-ZM</td>
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<td>Open Fitness SRC Main-B5</td>
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<td>Yoga SRC West-LW</td>
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<td>7:30pm</td>
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<td>Open Fitness SRC Main-B5</td>
<td>Open Fitness SRC Main-B5</td>
<td>Open Fitness SRC Main-B5</td>
</tr>
</tbody>
</table>

Instructors
Aimee - AT  
Audrey - AV  
Ben - BS  
Brad - BC  
Cailin - CP  
Chuck - CS  
Dina - DM  
Elizabeth - EM  
Gentry - GT  
Ginny - GR  
Holly - HL  
Jon - JK  
Kandy - KSw  
Kayla - KB  
Kaylee - KO  
Jessica - JD  
Kendi - KM  
Leah - LH  
Michael - MS  
Peg - PH  
Sung - SY  
Zach - ZM

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/wellness | phone: (208) 885-6381
Class Descriptions

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 improves body alignment 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.

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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>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Comp Testing</td>
<td>$8</td>
</tr>
<tr>
<td>Intro to Fitness (3 sessions)</td>
<td>$120</td>
</tr>
<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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<tr>
<td>Partner Personal Training</td>
<td>1 Visit/4 Pack</td>
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<tr>
<td>2 People</td>
<td>$45/$165</td>
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<tr>
<td>3 People</td>
<td>$60/$225</td>
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<tr>
<td>4 People</td>
<td>$75/$280</td>
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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

FIND WHAT MOVES YOU