WELLNESS Fall Break Schedule

TIME	SATURDAY NOV 17	SUNDAY NOV 18	MONDAY NOV 19	TUESDAY NOV 20	WEDNESDAY NOV 21	THU-FRI NOV 22-23	SATURDAY NOV 24
6:30 am	SRC CLOSED UNTIL NOON	SRC CLOSED UNTIL NOON NO WELLNESS CLASSES	**Sunrise Yoga** *SRC West-EM* **Cycling** *SRC East-DM* **TRX** *Gold Gym-AF*	**Gravity** *SRC West-JL* **TRX** *Gold Gym-AF* **Open Weights** *SRC Main-DM*	**Sunrise Yoga** *SRC West-JL* **Cycling** *SRC East-BC* **TRX** *Gold Gym-AF*	SRC CLOSED	SRC CLOSED UNTIL NOON
11:30 am			**Chisel & Sculpt** *SRC West-HG* **Gravity** *SRC East-JL* **Open Weights** *SRC Main-AF*	**Zumba** *SRC West-AF* **Cycling** *SRC East-JR* **Open Weights** *SRC Main-HG*	**Chisel & Sculpt** *SRC West-DM* **Gravity** *SRC East-JL* **Open Weights** *SRC Main-HG*		
12:30 pm	**Zumba** *SRC West-AF* **Open Weights** *SRC Main-JL*		**Zumba** *SRC West-LF* **Gravity** *SRC East-IW* **Open Weights** *SRC Main-HG*	**Gravity** *SRC East-JL* **Open Weights** *SRC Main-HG*	**Zumba All-Stars** *SRC West-JL* **Gravity** *SRC East-IW* **Open Weights** *SRC Main-HG*		**Zumba** *SRC West-JL* **Open Weights** *SRC Main-EMa*
1:30 pm	**Cycling** *SRC East-DM*						
4:30 pm				**Zumba All-Stars** *SRC WEST-AF*	**Zumba** *SRC West-ML* **Cycling** *SRC East-JK*		
5:30 pm			**Zumba** *SRC West-AF* **Cycling** *SRC East-JK* **Open Weights** *SRC Main-HG*	**RIPPED** *SRC West -AM* **Gravity** *SRC East-HG* **Open Weights** *SRC Main-ML*	**Yoga** *SRC West-JL*		

INSTRUCTORS

Abby - AM Alicia - AF Brad - BC Dina - DM Elaina - EMa Hollie - HG Jenny - JL Joe - JK Jen - JR Isaac - IW

CLASS DESCRIPTIONS

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.'

RIPPED: Experience this total body workout utilizing resistance and cardio training combining resistance, intervals, power, plyomerics,

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 joint simultaneously.

OPEN WEIGHTS: Intimidated by the weight room? This is your basic weight training class. It will teach you how to use the equipment & build an individualized program.

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.

FALL BREAK SCHEDULE

November 17 - 25

CAMPUS REC
University of Idaho

	Student Rec Center	Climbing Center	Outdoor Rentals	Campus Rec Office
Sat-Sun Nov 17 & 18	Noon - 6:00 pm	Sat Only Noon - 6:00 pm Open Youth	Closed	Closed
Monday Nov 19	6:00 am - 7:00 pm	2:00 pm - 6:00 pm Open Youth	Closed	8:00 am - 5:00 pm
Tuesday Nov 20	6:00 am - 7:00 pm	2:00 pm - 6:00 pm Open Youth	Closed	8:00 am - 5:00 pm
Wednesday Nov 21	6:00 am - 7:00 pm	2:00 pm - 6:00 pm Open Youth	Closed	8:00 am - 5:00 pm
Thursday Nov 22	CLOSED - Happy Thanksgiving			
Friday Nov 23				
Sat-Sun Nov 24 & 25	Noon - 6:00 pm	Noon - 6:00 pm Open Youth	Closed	Closed

SRC Fall Break Food Drive

Nov 17 - Nov 25

Bring four nonperishable food items to the SRC and get in FREE*
Please No Ramen or Instant Noodles.

*FREE Admission includes the SRC, Wellness and Climbing Center.
(Basics Clinic and Equipment Not Included)

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