University of Idaho

WELLNESS

SPRING BREAK SCHEDULE

MARCH 9 - MARCH 17

TIME	SATURDAY MAR 9	SUNDAY MAR 10	MONDAY MAR 11	TUESDAY MAR 12	WEDNESDAY MAR 13	THURSDAY MAR 14	FRIDAY MAR 15	SATURDAY MAR 16	SUNDAY MAR 17
6:30 am	SRC OPENS AT NOON		**Open Weights** *SRC Main-PH* **Cycling** *SRC East-MC* **Yoga** *SRC West-BM*	**Open Weights** *SRC Main-PH* **Gravity** *SRC East- DM*	**Open Weights** *SRC Main-PH* **Cycling** *SRC East-BC* **Yoga** *SRC West-BM*	**Open Weights** *SRC Main-PH* **TRX** *Silver Gym-DM*	**Open Weights** *SRC Main-PH* **Cycling** *SRC East-DM*	SRC OPENS AT NOON	
11:30 am			**Open Weights** *SRC Main-* **Chisel & Sculpt** *SRC West-CS*	**Open Weights** *SRC Main-PH* **Cycling** *SRC East-MT* **Zumba** *SRC West-DM*	**Open Weights** *SRC Main-PH* **Chisel & Sculpt** *SRC West-DM*	**Open Weights** *SRC Main-PH* **Cycling** *SRC East-JK* **Zumba** *SRC West-DM*	**Open Weights** *SRC Main- PH* **Chisel & Sculpt** *SRC West-DM*		
12:30 pm	**Open Weights** *SRC Main-PH* **Zumba** *SRC West-AF*		**Open Weights** *SRC Main-PH* **Zumba** *SRC West-AF*	**Open Weights** *SRC Main-PH* **Gravity** *SRC East-AF* **Yoga** *SRC West - EC*	**Open Weights** *SRC Main-PH* **Zumba** *SRC West-DM*	**Open Weights** *SRC Main-PH* **Gravity** *SRC East-PH* **Yoga** *SRC West - EC*	**Open Weights** *SRC Main-PH* **Zumba** *SRC West-DM*	**Open Weights** *SRC Main-PH* **Zumba** *SRC West-DM*	
1:30 pm	**Cycling** *SRC East-AH*							**Cycling** *SRC East-DM*	
4:30 pm			**Yoga** *SRC West-BM*	**QiForze** *SRC West-EM*	**Yoga** *SRC West-BM*	**QiForze** *SRC West-EM*	**Zumba** *SRC West-*		
5:30 pm			**Open Weights** *SRC Main-JH* **Cycling** *SRC East-AH* **Zumba** *SRC West-MR*	**Open Weights** *SRC Main-YB* **RIPPED** *SRC West-AH*	**Open Weights** *SRC Main-JH* **Cycling** *SRC East-AH-* **Zumba** *SRC West-MR*	**Open Weights** *SRC Main-YB* **RIPPED** *SRC West-AH*	**Yoga** *SRC West-HGr*		

INSTRUCTORS

Ashley - AH, Brian - BM, Dina - DM, Elaina -EM, Joe - JH, Marilyn -MC, Mindy - MR, Yousef - YB
Brad- BC, Chuck - CS, Eri - EC, Holly - HGr, Joe - JK, Mark - MT, Peg - PH

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.'

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.

RIPPED: Experience this total body workout trilizing resistance and cardio training, combining Resistance, Intervals, Power Plyometrics, Endurance and Duration.

QUIFORZE: A motivating muscular strength and endurance program that targets every major muscle group with unique foundation movement pattersn. Full body workout choreographed to music.

TRX: Suspension Training body weight exercise develops strength, balance, flexibility and core stability simultaneously. TRX exercises allow for the use of multiple planes of motion and work multiple muscles and joints simultaneously. Traditional weight training often only works one muscle at time and the TRX forces you to use normal coordinated muscle effort, used to complete most everyday activities.

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

ZUMBA: Join the Party! 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.

uidaho.edu/wellness | (208) 885-6381

CAMPUS REC WELLNESS

Updated 3/01/13

University of Idaho

CAMPUS RECREATION

SPRING BREAK SCHEDULE MARCH 9 - MARCH 17

	Student Rec Center	Climbing Center	Outdoor Rentals
Sat-Sun Mar 9 & 10	Noon - 6:00pm	Sat Only Noon - 6:00pm Open Youth	Closed
Monday Mar 11	6:00am - 7:00pm	2:00 pm - 6:00pm Open Youth	Closed
Tuesday Mar 12	6:00am - 7:00pm	2:00 pm - 6:00pm Open Youth	Closed
Wednesday Mar 13	6:00am - 7:00pm	2:00 pm - 6:00pm Open Youth	Closed
Thursday Mar 14	6:00am - 7:00pm	2:00 pm - 6:00pm Open Youth	Closed
Friday Mar 15	6:00am - 7:00pm	2:00 pm - 6:00pm Open Youth	Closed
Sat-Sun Mar 16 & 17	Noon - 6:00pm	Noon - 6:00pm Open Youth	Closed

SRC BREAK FOOD DRIVE

MARCH 9 - MARCH 17

Bring four no-perishable food items to the SRC and get in FREE*

Please No Ramen or Instant Noodles

*Free admission includes the SRC, Wellness Classes and Climbing Center (Basics Clinic and Equipment not included).

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CAMPUS REC WELLNESS