University of Idaho

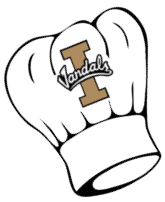
WELLNESS Spring '13

Jan 9 - May 10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am	**Open Weights** *SRC Main-AMa* **Cycling** *SRC East-DM* **Sunrise Yoga** *SRC West-EM*	**Open Weights** *SRC Main-AMa* **Gravity** *SRC East-AF* **TRX** *SRC Gold-HG*	**Open Weights** *SRC Main-AMa* **Cycling** *SRC East-BC* **Sunrise Yoga** *SRC West--EM*	**Open Weights** *SRC Main-AMa* **Gravity** *SRC East-AF* **TRX** *SRC Gold-HG*	**Cycling** *SRC East-DM* **Open Weights** *SRC Main-BH*	
10:30 am	**Ashtanga Yoga** *SRC West-EM*		**Ashtanga Yoga** *SRC West-EM*			**Zumba** *SRC West-DM*
11:30 am	**Open Weights** *SRC Main- BH* **Gravity** *SRC East-AMa* **Chisel & Sculpt** *SRC West-EMa*	**Open Weights** *SRC Main-TB* **Cycling** *SRC East-JR* **Zumba** *SRC West-AF* **TRX** *SRC Gold-HG*	**Open Weights** *SRC Main-BH* **Gravity** *SRC East-AMa* **Chisel & Sculpt** *SRC West-HG*	**Open Weights** *SRC Main-TB* **Cycling** *SRC East-JR* **Zumba** *SRC West-AF* **TRX** *SRC Gold-HG*	**Open Weights** *SRC Main-AMa* **Chisel & Sculpt** *SRC West-HG*	**Cycling** *SRC East-JK/BB*
12:30 pm	**Open Weights** *SRC Main-EMa* **Zumba** *SRC West-EO*	**Open Weights** *SRC Main-AMa* **Gravity** *SRC East-HG* **QiForze** *SRC West-EMa*	**Open Weights** *SRC Main-TB* **TRX** *SRC Gold-HG* **Zumba** *SRC West-EO*	**Open Weights** *SRC Main-IW* **Gravity** *SRC East-HG* **QiForze** *SRC West-EMa*	**Open Weights** *SRC Main-TB* **TRX** *SRC Gold-HG* **Zumba** *SRC West-EO*	**Open Weights** *SRC Main-BH/AMa* **Zumba** *SRC West-JL/JG/MR*
1:30 pm		**Yoga** *SRC West-KP*	**Abs & Glutes** *SRC West-AF*	**Yoga** *SRC West-KP*	**Abs & Glutes** *SRC West-AF*	**RIPPED** *SRC West-AMc*
2:30 pm	**TRX** *SRC Gold-AF*		**TRX** *SRC Gold-AF*		**TRX** *SRC Gold-AF*	
4:30 pm	**Gravity** *SRC East-HG* **Zumba** *SRC West-JL*	**Cycling** *SRC East-HG* **RIPPED** *SRC West-JT*	**Gravity** *SRC East-HG* **Zumba** *SRC West-JL*	**Cycling** *SRC East-HG* **RIPPED** *SRC West-JT*	**Zumba** *SRC West-GR*	
5:30 pm	**Open Weights** *SRC Main-JL* **Cycling** *SRC East-AH* **Boot(y) Camp** *SRC West-AF*	**Open Weights** *SRC Main-YB* **Gravity** *SRC East-IW* **Zumba** *SRC West-JG*	**Open Weights** *SRC Main-JL* **Cycling** *SRC East-AH* **Boot(y) Camp** *SRC West-AF*	**Open Weights** *SRC Main-JH* **Gravity** *SRC East-IW* **Zumba** *SRC West-JG*	**Open Weights** *SRC Main-JH* **Yoga** *SRC West-HGr*	
6:30 pm	**Gravity Pilates** *SRC East-JL* **RIPPED** *SRC West-AH*	**Bollywood Belly Dancing** *SRC East-KMc* **Yoga** *SRC West-EC*	**Gravity Pilates** *SRC East-JL* **RIPPED** *SRC West-AH*	**Bollywood Belly Dancing** *SRC East-KMc* **Yoga** *SRC West-EC*		
7:30 pm	**Cycling** *SRC East-MT* **Zumba** *SRC West-MR*	**Zumba** *SRC West-AD*	**Cycling** *SRC East-MT* **Zumba** *SRC West-MR*	**Zumba** *SRC West-KS*		
8:30 pm	**Yoga** *SRC West-BM*	**Cycling** *SRC East-BB*	**Yoga** *SRC West-BM*	**Cycling** *SRC East-BB*		

INSTRUCTORS

Abby - AM	Barrett - BH	Dina - DM	Erin - EO	Isaac - IW	Jenny - JL	Kimberly - KM	Mindy - MR
Alicia- AF	Brad - BC	Elaina - EMa	Gin - GR	Jaime - JG	Joe - JH	Kristine - KP	Tyler - TB
Andy - AMa	Brian - BM	Elizabeth - EM	Hollie-HG	Jared - JT	Joe - JK	Mark - MT	Yousef - YB
Ashley - AH	Byron - BB	Eri - EC	Holly - HGr	Jen - JR	Katie - KS	Michelle - ML	



VANDALIZING THE KITCHEN

Learn the basics of cooking delicious and nutritious meal quickly and on a college student budget. Classes are FREE and all skill levels are welcome!

Tuesday, February 26: Wok Your World

Monday, March 25: Vegetarian Cuisine

Wednesday, April 24: Cooking a la Dorms

Join the Marissa Lucas, Campus Dietitian at the Student Recreation Center classroom 4:00-5:00pm

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

CAMPUS REC WELLNESS

Updated 3/10/13

CLASS DESCRIPTIONS

ASHTANGA YOGA: This method of yoga involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

ABS & GLUTES: Prepare to tighten your core and tone your tush. Squats, crunches, planks that will rock your body.

BOLLYWOOD BELLY DANCING: Learn to move your body in exotic ways. A fun way to work your whole body.

BOOT(Y) CAMP: Work on your glutes, legs and core in the workout. You will use steps, balls, weights and the bosu in the class.

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.'

GRAVITY PILATES: Basic Mat Pilates taught on the Gravity machine. We will work on long strong toned muscles and core work.

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

RIPPED: Experience this total body workout utilizing resistance and cardio training, combing Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

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.

OPEN WEIGHTS: Intimidated by the weight room? This class will teach you how to use the equipment & use proper form.

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 TONING: Combining the best of Zumba with light toning sticks to allow you the fun of Zumba dance with upper body toning.

WELLNESS PASS OPTIONS

SPRING 2013 PASSES GOOD THROUGH AUG 17, 2013

UNIVERSITY OF IDAHO AFFILIATED

SINGLE PASSES:	$4 PER VISIT
18-USE PASS:	$50
36-USE PASS:	$90
SEMESTER UNLIMITED:	$125

GENERAL PUBLIC

SINGLE PASSES:	$4 PER VISIT
SUMMER UNLIMTED:	$30

PERSONAL FITNESS CREDIT FOR STUDENTS:
One Personal Fitness Credit: 18-Use pass $50
Maximum of two credits per semester.