# ELLIES SUMMER 2014 May 19 - August 22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	Cycling SRC East - JK Sunrise Yoga SRC West - ML Open Weights SRC Main - DD	Gravity SRC East - AM Open Weights SRC Main - MB	Cycling SRC East - BC Sunrise Yoga SRC West - ML Open Weights SRC Main - AM	Gravity SRC East - DD Open Weights SRC Main - MB	Cycling SRC East - DM/ML Open Weights SRC Main - DD	
9:30am	TRX SRC Gold - MB	Zumba Toning SRC West - TF (starts June 10)	TRX SRC Gold - MB	Zumba Toning SRC West - TF (starts June 10)		
10:30am	<b>Yoga</b> SRC West - SC	Pilates/Barre SRC West - EMa	<b>Yoga</b> SRC West - SC	Pilates/Barre SRC West - EMa		
11:30am	Chisel & Sculpt SRC West - CS/DD/ML Gravity SRC East - BS Open Weights SRC Main - PH	Cycling SRC East-KSw Zumba SRC West-EMa Open Weights SRC Main-BS	Chisel & Sculpt SRC West - CS/DD/ML Gravity SRC East - BS Open Weights SRC Main - PH	Cycling SRC East-KSw Zumba SRC West - EMa Open Weights SRC Main-BS	Chisel & Sculpt SRC West - DM/ML Open Weights SRC Main - BS	
12:30pm	Zumba SRC West - HA Roll & Release SRC East - BS Open Weights SRC Main - PH	TRX SRC Gold - BS Yoga SRC West - FG Open Weights SRC Main - PH	Zumba SRC West - HA Roll & Release SRC East - BS Open Weights SRC Main - PH	TRX SRC Gold - BS Yoga SRC West - FG Open Weights SRC Main - PH	Zumba SRC West - HA Open Weights SRC Main - BS	Zumba SRC West - JG/HA/ML Open Weights SRC Main - MS/DD/MB
4:45pm	Zumba SRC West - DM Cycling SRC East - JR Open Weights SRC Main - BS	Gravity SRC East - BS Open Weights SRC Main - DD	Zumba SRC West - DM Cycling SRC East - JR Open Weights SRC Main - BS	Gravity SRC East - BS Open Weights SRC Main - DD	Open Weights SRC Main - BS	
5:45pm	Yoga SRC West - BM	<b>Zumba</b> SRC West - ML	Yoga SRC West - BM	<b>Zumba</b> SRC West - ML	Yoga SRC West - BM	
6:45pm	<b>Zumba</b> SRC West - MR	Cycling SRC East - MT Yoga SRC West - JB	<b>Zumba</b> SRC West -MR	Cycling SRC East - MT Yoga SRC West - JB		
7:45pm	BellyDancing SRC West - KMc		BellyDancing SRC West - KMc			

**Instructors** Updated 6/10/14

Andy - AM Chuck - CS Elaina - EMa Jen - JR Kandi - KSw Michael - MB Tammy - TF Ben - BS Devin - DD Finn - FG Jia - JB Kimberly - KMc Michelle - ML Brian - BM Dina - DM Heidi - HA Mark - MT Peg - PH Jon - JK Brad - BC Elizabeth - EM Jamie - JG Kate -KM Mindy - MR Sarah - SC

Fall 2014 Wellness classes will begin August 25th.



## **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 class will teach you how to use the equipment & use proper form.

**Roll and Release:** Using foam rollers and self myofacial compression techniques, this class will help the body relax, recover, and release tight muscles while improving flexibility and mobility.

**Sand Disc Class:** Sand Disc Bootcamp is a total body strength training and cardiovascular conditioning class based on kettlebell training motions. Primarily using soft, flexible discs filled with sand, participants will learn and perform a wide variety of exercises and movements that can accommodate any fitness level.

**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. Traditional weight training often only works one muscle at a 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 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: Takes Zumba dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weight toning and body sculpting.



### University of Idaho Affiliated

Single Passes: \$4 per visit
18-Use Pass: \$50
36-Use Pass: \$90
Summer Unlimited Special: \$62.50

**General Public** 

Single Passes: \$4 per visit Summer Unlimited Special: \$62.50

#### **Personal Fitness Credit for Students**

One Personal Fitness Credit: 18-Use pass \$50 Maximum of two credits per semester.

Summer 2014 Passes Good Through August 22, 2014

## **Class Descriptions**

**Student Recreation Center** 

Weekdays: 6am - 9pm Weekends: Noon - 6pm

Climbing Center

Weekdays: 3pm - 8pm Saturday: Noon - 6pm Sunday: Closed **Campus Recreation Office** 

Weekdays: 7:30am - 4:30pm

Weekends: Closed

**Outdoor Program Office** 

Weekdays: 9am - 4:30pm

Weekends: Closed

SRC Closure Dates: Fourth of July & Annual Maintenance August 9 -17

