University of Idaho

Wellness

Fall 2013

August 26 - December 13

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	**Open Weights** SRC Main-AM **Cycling** SRC East-JK **Sunrise Yoga** SRC West-EM	**Open Weights** SRC Main-KSw **Gravity** SRC East-AM	**Open Weights** SRC Main-AM **Cycling** SRC East-BC **Sunrise Yoga** SRC West-EM	**Open Weights** SRC Main- KSw **Gravity** SRC East-AM	**Open Weights** SRC Main-MS **Cycling** SRC East-DM **TRX** SRC Gold-AM	
9:30am		**Zumba Toning** SRC West-TF		**Zumba Toning** SRC West-TF		
10:30am		**Pilates/Barre** SRC West-PH/AH		**Pilates/Barre** SRC West-PH/AH		**Zumba** SRC West-AH/EMa/MR
11:30am	**Open Weights** SRC Main- KSw **Gravity** SRC East- AM **Chisel & Sculpt** SRC West-EMa	**Open Weights** SRC Main-AM **Cycling** SRC East-KSw **Zumba** SRC West-EMa	**Open Weights** SRC Main-KSw **Gravity** SRC East- AM **Chisel & Sculpt** SRC West-AH	**Open Weights** SRC Main-AM **Cycling** SRC East-KSw **Zumba** SRC West-EMa	**Open Weights** SRC Main-JH **Chisel & Sculpt** SRC West-AH	
12:30 pm	**Open Weights** SRC Main- KSw **Zumba** SRC West-EMa **TRX** SRC Gold-BS	**Open Weights** SRC Main-AM **Gravity** SRC East-EMa **Yoga** SRC West-KP	**Open Weights** SRC Main- KSw **Zumba** SRC West- AH **TRX** SRC Gold-BS	**Open Weights** SRC Main-AM **Gravity** SRC East-EMa **Yoga** SRC West-KP	**Open Weights** SRC Main- BS **Zumba** SRC West-AH	**Open Weights** SRC Main-BS
4:30pm	**Zumba** SRC West-EMa		**Zumba** SRC West-EMa		**Zumba** SRC West-EMa	
5:30 pm	**Open Weights** SRC Main- AM **Gravity** SRC East-BS **RIPPED** SRC WEST-AH	**Open Weights** SRC Main- BS **Cycling** SRC East- MT **Zumba** SRC West-JG	**Open Weights** SRC Main-AM **Gravity** SRC East-BS **RIPPED** SRC WEST-AH	**Open Weights** SRC Main-BS **Cycling** SRC East- AH **Zumba** SRC West-JG	**Open Weights** SRC Main-BS **Yoga** SRC West-HGr	
6:30pm	**Cycling** SRC East-AH **Zumba** SRC West-MR	**Gravity** SRC East-BS **Yoga** SRC West-JB	**Cycling** SRC East-AH **Zumba** SRC West-MR	**Gravity** SRC East- BS **Yoga** SRC West-JB		
7:30pm	**Open Weights** SRC Main-BS **Piyo** SRC West-AS	**Cycling** SRC East-JR **BellyDancing** SRC West-KM	**Open Weights** SRC Main-BS **Piyo** SRC West-AS	**Cycling** SRC East-JR **BellyDancing** SRC West-KM		
8:30pm	**Cycling** SRC East-MT **Yoga** SRC West-BM	**Zumba** SRC West-KS	**Cycling** SRC East-MT **Yoga** SRC West-BM	**Zumba** SRC West-KS		

Instructors

Fall'13 Wellness classes begin August 26th

Abbey - AS	Ben - BS	Dina - DM	Holly - HGr	Jia- JB	Kandi - KSw	Kristine - KP	Mindy - MR
Andy - AM	Brad - BC	Elaina - EMa	Jaime - JG	Joe - JH	Katie - KS	MacKenzie - MS	Sara - SC
Ashley - AH	Brian - BM	Elizabeth - EM	Jen - JR	Jon - JK	Kimberly - KM	Mark - MT	Tammy - TF

Vandalizing the kitchen

Learn the basics of cooking delicious & nutritious meals quickly and on a college student budget.

Join Marissa Rudley, Campus Dietitian at the Student Recreation Center classroom 4-5pm

Classes are FREE and all skill levels are welcome!

10/29: Beyond Breakfast

11/19 Gluten-Free Dining

12/10: Smart Snacks

uidaho.edu/ wellness (208) 885-6381

CAMPUS REC WELLNESS

Updated 9/27/13

Class Descriptions

Belly Dancing: Learn to move your body in exotic ways. A fun way to work your whole body.

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.'

PILATES/Barre: Mat Pilates, ballet stretches and exercises. We will work on long strong toned muscles and core work.

Piyo: is a unique blend of strength training and core conditioning – a perfect combination of Pilates and Yoga set to vibrant music. It is all about energy, power

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: Zumba with the addition of toning sticks. Dance and tone the upper body at the same time. Great fun and energy. Move to the Latin beat great for all levels and abilities.

Wellness Pass Options

Fall 2013 Passes Good Through January 14, 2014

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

Personal Fitness Credit for Students

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

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