University of Idaho

WELLNESS

SPRING 2014

January 15- May 16

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	Open Weights SRC Main-AM Cycling SRC East-JK Sunrise Yoga SRC West-EM	Open Weights SRC Main-DD Gravity SRC East-AM TRX SRC Gold-JL	Open Weights SRC Main-AM Cycling SRC East-BC Sunrise Yoga SRC West-EM	Open Weights SRC Main-MS Gravity SRC East-AM TRX SRC Gold-JL	Open Weights SRC Main-MS Cycling SRC East-DM Warrior Yoga SRC West-JL		
9:30am		Zumba Toning SRC West-TF		Zumba Toning SRC West-TF		Cycling SRC East-JK/BC	
10:30am	Zumba SRC West-ML	Pilates/Barre SRC West-EMa	Zumba SRC West-ML	Pilates/Barre SRC West-EMa		Zumba SRC West-AH/EMa/ML	
11:30am	Open Weights SRC Main-DD Gravity SRC East-ML Chisel & Sculpt SRC West-AH	Open Weights SRC Main-AM Cycling SRC East-KSw Zumba SRC West-EMa	Open Weights SRC Main-DD Gravity SRC East-ML Chisel & Sculpt SRC West-AH	Open Weights SRC Main-AM Cycling SRC East-KSw Zumba SRC West-EMa	Open Weights SRC Main-DD Gravity SRC East-ML Chisel & Sculpt SRC West-AH		
12:30pm	Open Weights SRC Main-ML Zumba SRC West-AH TRX SRC Gold-BS	Open Weights SRC Main-MS Gravity SRC East-BS Yoga SRC West-FG	Open Weights SRC Main-KSw Zumba SRC West-AH TRX SRC Gold-BS	Open Weights SRC Main-KSW Gravity SRC East-BS Yoga SRC West-FG	Open Weights SRC Main-MS Zumba SRC West-AH TRX SRC Gold-BS	Open Weights SRC Main-KK/MS/DD	
1:30pm	Roll & Release SRC West-BS		Roll & Release SRC West- BS		Core Balance Stretch SRC West-AH		
2:30pm	Abs and Glutes SRC West-SC		Abs and Glutes SRC West-SC				
4:30pm	Cardio Circuit SRC West-AH	Zumba Sentao SRC West-MR	Cardio Circuit SRC West-AH	Zumba Sentao SRC West-MR	Cycling SRC East-BB Zumba SRC West-BSi		Zumba SRC West-BSi
5:30pm	Open Weights SRC Main-BS Cycling SRC East-AH Zumba SRC WEST-ML	Open Weights SRC Main-JH Gravity SRC East-BS Zumba SRC West-JG	Open Weights SRC Main-BS Cycling SRC East-AH Zumba SRC WEST-ML	Open Weights SRC Main-ML Gravity SRC East-BS Zumba SRC West-JG	Open Weights SRC Main-KK Yoga SRC West-HL Gravity SRC East-BS		
6:30pm	Gravity SRC East-AM RIPPED SRC WEST-AH	Gravity Pilates SRC East-JG Yoga SRC West-JB	Gravity SRC East-ML RIPPED SRC WEST-AH	Gravity Pilates SRC East-JG Yoga SRC West-JB	Belly Dancing SRC West-KM		
7:30pm	Open Weights SRC Main-KK Cycling SRC East-MT CardioKickbox SRC West-AS	Cycling SRC East-JR Belly Dancing SRC West-KM	Open Weights SRC Main-KK Cycling SRC East-MT CardioKickbox SRC West-AS	Cycling SRC East-JR TurboKick SRC West-MC			
8:30pm	Yoga SRC West-BM	Zumba SRC West-ML	Yoga SRC West-BM	Zumba SRC West-KS			

Instructors

Abbey - AS Jon - JK Besty - Bco Byron - BB Elizabeth - EM Jen - JR Kimberly - KM Michelle - ML Andy - AM Devin - DD Finn - FG Mindy - MR Brad - BC Jenny - JL Kandi - KSw MacKenzie MS Ashley - AH Brian - BM Dina - DM Holly - HL Jia- JB Katie - KS Mark - MT Sara - SC Ben - BS Jaime - JG Brittany - BSi Elaina - EMa Joe - JH Kent - KK Marnissa - MC Tammy - TF



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

Classes are held at the Student Recreation Center Classroom 4-5pm. Classes are FREE and all skill levels are welcome!

2/26: Sweet Treats

3/25: Lunch in a Rush

4/29: Fast Food Makeovers



Class Descriptions

- Abs and Glutes: This class focuses on core strength and lower body toning. The instructor also incorporates exercises for the lower back to maintain muscle
- Belly Dancing: Learn to move your body in exotic ways. A fun way to work your whole body.
- Cardio Circuit: This fun, high energy circuit workout combines cardio, strength, and plyometric moves to get your heart rate up and build your strength and cardiovascular system.
- Cardio Kickbox Great full body workout to kick and punch your way to fitness. Great way to workup a good sweat and burn some calories.
- 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.
- Core Balance Stretch: Come build your core strength & balance and increase your flexibility. This is an excellent workout for those who enjoy running and cycling and are looking to improve form, efficiency, and power.
- 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: Pilates reformer style workout done on the GTS, designed to provide overall full body toning but will focus on long lean muscles. Target areas will be core and legs.
- PILATES/Barre: Mat Pilates, ballet stretches and exercises. We will work on long strong toned muscles and core work.
- Power Sculpt: is a unique blend of strength training and core conditioning a perfect combination of strength and cardio set to vibrant music. It is all about energy and power.

- Open Weights: Intimidated by the weight room? This class will teach you how to use the equipment & use proper form.
- RIPPED: Experience this total body workout utilizing resistance and cardio training, combing resistance, intervals, power, plyometrics, and kickboxing.
- 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.
- 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.
- Turbokick: workout consists of a warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a nice cool down. Great for beginning, intermediate and advanced fitness levels.
- Warrior Yoga: A class targeted to those that have previously practiced yoga. A physically challenging class that consists of flowing through a series of advanced poses. This class provides an atmosphere to advance your practice, build strength and increase flexibility.
- 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 Sentao: workout takes the thrill of the fitness-party and partners it with explosive, chair-based choreography to strengthen, balance and stabilize your core, and set up your cardio work in a whole new way.
- Zumba Toning: Zumba with the addition of toning sticks. Dance and tone the



Special Progressive Workshop Classes These classes are progressive so you must pre-register separately (no drop-ins). Please contact the Wellness Office for more information.

Sand Disc Class - instructor Ben Sturz

Tues/Thurs 1:30pm-2:30pm (session 2 - begins April 1)

Sand Disc is a 6 week total body strength training and cardiovascular conditioning class based on kettle bells. 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. Cost: \$15 for Wellness Members \$26 for Non-Wellness Members

Bloomsday Training Clinic - instructor Ashley Hall

Saturday 9:15am (begins February 15)

This is a 12 week program that is designed to help you train and run the Lilac Bloomsday Run. All running levels are welcome.

Cost: \$15 for Wellness Members \$26 for Non-Wellness Members

Wellness Pass Options

Spring 2014 Passes Good Through August 23, 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

Maximum of two credits

