WELLNESS WINTER BREAK SCHEDULE
DECEMBER 15 - JANUARY 8

TIME	SATURDAY DEC 15	SUNDAY DEC 16	MONDAY DEC 17	TUESDAY DEC 18	WEDNESDAY DEC 19	THURSDAY DEC 20	FRIDAY DEC 21	SATURDAY DEC 22	SUNDAY DEC 23	MON-TUES DEC 24-25	WEDNESDAY DEC 26	THURSDAY DEC 27
6:15am	SRC CLOSED UNTIL NOON	NO WELLNESS CLASSES	**Weights** *SRC Main-PH* **Cycling** *SRC East-DM* **Sunrise Yoga** *SRC West-EM*	**Weights** *SRC Main-PH* **Gravity** *SRC East-DM*	**Weights** *SRC Main-PH* **Cycling** *SRC East-BC* **Sunrise Yoga** *SRC West-EM*	**Weights** *SRC Main-PH* **Gravity** *SRC East-DM*	**Weights** *SRC Main-PH* **Cycling** *SRC East-DM*	SRC CLOSED UNTIL NOON	NO WELLNESS CLASSES	SRC CLOSED	SRC CLOSED UNTIL NOON	SRC CLOSED UNTIL NOON
11:30am			**Weights** *SRC Main-JM* **Chisel & Sculpt** *SRC West-DM*	**Weights** *SRC Main-JM* **Cycling** *SRC East-JR* **Zumba®** *SRC West-DM*	**Weights** *SRC Main-HG* **Chisel & Sculpt** *SRC West-DM*	**Weights** *SRC Main-JM* **Cycling** *SRC East-JR* **Zumba®** *SRC West-DM*	**Weights** *SRC Main-DM* **Chisel & Sculpt** *SRC West-HG*					
12:30pm	**Zumba®** *SRC West-DM*		**Weights** *SRC Main-JH* **Gravity** *SRC East-HG* **Zumba®** *SRC West-LF*	**Weights** *SRC Main-JM* **Gravity Pilates** *SRC East-PH* **TRX** *Silver Gym-HG*	**Weights** *SRC Main-PH* **Gravity** *SRC East-HG* **Zumba®** *SRC West-ML*	**Weights** *SRC Main-YB* **Gravity Pilates** *SRC East-PH* **TRX** *Silver Gym-HG*	**Weights** *SRC Main-JH* **Gravity** *SRC East-LF* **Zumba®** *SRC West-ML*	**Weights** *SRC Main-PH* **Zumba®** *SRC West-DM*			**Weights** *SRC Main-PH* **Gravity** *SRC East-DM* **Zumba®** *SRC West-ML*	**Weights** *SRC Main-IW* **Cycling** *SRC East-JR* **TRX** *Silver Gym-DM*
1:30pm	**Cycling** *SRC East-DM*			**Yoga** *SRC West-EC*		**Yoga** *SRC West-LF*		**Cycling** *SRC East-DM*				**Yoga** *SRC West-EC*
4:30pm											**Weights** *SRC Main-JH* **Gravity** *SRC East-IW* **Yoga** *SRC West-LF*	**Weights** *SRC Main-YB* **Cycling** *SRC East-JK* **Zumba®** *SRC West-MR*
5:15pm			**Weights** *SRC Main-JM* **Cycling** *SRC East-HG* **RIPPED** *SRC West-AH*	**Weights** *SRC Main-HG* **Gravity** *SRC East-JM* **Zumba®** *SRC West-JG*	**Weights** *SRC Main-IW* **Cycling** *SRC East-HG* **RIPPED** *SRC West-AM*	**Weights** *SRC Main-HG* **Gravity** *SRC East-IW* **Zumba®** *SRC West-JG*	**Weights** *SRC Main-PH* **Yoga** *SRC West-LF*					

TIME	FRIDAY DEC 28	SATURDAY DEC 29	SUNDAY DEC 30	MON-TUES DEC 31 -JAN 1	WEDNESDAY JAN 2	THURSDAY JAN 3	FRIDAY JAN 4	SATURDAY JAN 5	SUNDAY JAN 6	MONDAY JAN 7	TUESDAY JAN 8	WEDNESDAY JAN 9
6:15am	SRC CLOSED UNTIL NOON	SRC CLOSED UNTIL NOON	NO WELLNESS CLASSES	SRC CLOSED	**Weights** *SRC Main-PH* **Cycling** *SRC East-BC* **Sunrise Yoga** *SRC West-EM*	**Weights** *SRC Main-PH* **Gravity** *SRC East-DM*	**Weights** *SRC Main-PH* **Cycling** *SRC East-DM*	SRC CLOSED UNTIL NOON	NO WELLNESS CLASSES	**Weights** *SRC Main-PH* **Cycling** *SRC East-MC* **Sunrise Yoga** *SRC West-EM*	**Weights** *SRC Main-PH* **Gravity** *SRC East-DM*	Spring Schedule Starts
11:30am					**Weights** *SRC Main YB* **Gravity** *SRC East-IW* **Chisel & Sculpt** *SRC West-DM*	**Weights** *SRC Main-PH* **Cycling** *SRC East-JR* **Zumba®** *SRC West-DM*	**Weights** *SRC Main-HG* **Gravity** *SRC East-IW* **Chisel & Sculpt** *SRC West-DM*			**Weights** *SRC Main IW* **Chisel & Sculpt** *SRC West-DM*	**Weights** *SRC Main-JM* **Cycling** *SRC East-JR* **Zumba®** *SRC West-LF*	
12:30pm	**Weights** *SRC Main-PH* **Gravity** *SRC East-DM* **Zumba®** *SRC West-ML*	**Weights** *SRC Main-PH* **Zumba** *SRC West-DM*			**Weights** *SRC Main-YB* **Zumba®** *SRC West-ML*	**Weights** *SRC Main-PH* **Gravity** *SRC East-IW*	**Weights** *SRC Main-YB* **Zumba®** *SRC West-MR*	**Weights** *SRC Main -PH* **Zumba®** *Silver Gym-DM*		**Weights** *SRC Main-IW* **Gravity** *SRC East-HG* **Zumba®** *SRC West-LF*	**Weights** *SRC Main-JM* **Gravity** *SRC East-IW* **TRX** *Silver Gym-HG*	
1:30pm		**Cycling** *SRC East-DM*				**Yoga** *SRC West-LF*		**Cycling** *SRC East -DM*				
4:30pm	**Weights** *SRC Main-JH*											
5:15pm					**Weights** *SRC Main-IW* **Cycling** *SRC East-Amc* **RIPPED** *SRC West-MC*	**Weights** *SRC Main-YB* **Gravity** *SRC East-IW* **Zumba®** *SRC West-JG*	**Weights** *SRC Main-YB* **Yoga** *SRC West-HGr*			**Weights** *SRC Main-JH* **Cycling** *SRC East-MT* **RIPPED** *SRC West-AH*	**Weights** *SRC Main-HG* **Gravity** *SRC East-IW* **Zumba®** *SRC West-JG*	

INSTRUCTORS

The Spring 2013 Wellness classes begin January 9

Abby - AM, Ashley - AH, Brad - BC, Dina - DM, Elaina - EMa, Elizabeth - EM, Eri - EC, Gin - GR, Hollie - HG, Holly - HGr, Isaac - IW, Jen - JR, Jessica - JM, Joe - JH, Joe - JK, Lizette - LF, Marilyn - MC, Michelle - ML, Mark - MT, Mindy - MR, Peg - PH, Yousef -YB

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CAMPUS REC WELLNESS

University of Idaho

CAMPUS RECREATION

WINTER BREAK SCHEDULE DECEMBER 15 - JANUARY 8

	STUDENT REC CENTER	CLIMBING CENTER	OUTDOOR RENTALS	CAMPUS REC OFFICE
SAT-SUN DEC 15-16	NOON - 6pm	Open Saturday Only NOON - 6pm Youth Open	CLOSED	CLOSED
MON-FRI DEC 17-21	6 am - 7pm	2 - 6pm Youth Open	CLOSED	8am - 5pm
SAT-SUN DEC 22-23	NOON - 6pm	Open Saturday Only NOON - 6pm Youth Open	CLOSED	CLOSED
MON-TUES DEC 24-25	SRC CLOSED - Happy Holidays			
WED-FRI DEC 26-28	NOON - 6pm	2pm - 6pm Youth Open	CLOSED	CLOSED
SAT-SUN DEC 29-30	NOON- 6pm	Open Saturday Only NOON - 6 pm Youth Open	CLOSED	CLOSED
MON-TUES DEC 31-Jan 1	SRC CLOSED - Happy New Year			
WED-FRI Jan 2-4	6 am- 7pm	2 pm - 6pm Youth Open	10am - 4:30pm	8am - 5pm
SAT-SUN Jan 5-6	NOON- 6pm	NOON - 6pm Youth Open	CLOSED	CLOSED
MON-TUES Jan 7-8	6 am- 11:30pm	NOON - 6pm	10am - 4:30pm	8am - 5pm

SRC BREAK FOOD DRIVE

DEC 15 - JAN 8

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