University of Idaho

WELLNESS

Spring '13

Jan 9-May 10

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

INSTRUCTORS

The Fall 2012 Wellness classes begin January 9th

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

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

CAMPUS REC WELLNESS

Updated 11/27/12

CLASS DESCRIPTIONS

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.

BUTTS & GUTS: 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 BLAST: A great workout for those of you who want to get a sweat on and firm up in a short class. This class is for all levels, so don't be afraid, modifications for the beginner and the elite athlete will be given. This class is 20 minutes.

MAT PILATES: Based on Stott Pilates beginning and intermediate mat exercises. We will work on long strong toned muscles and core work.

QIFORZE: Isased on Stott Pilates beginning and intermediate mat exercises. We will work on long strong toned muscles and a motivating muscular strength and endurance program that targets every major muscle group withunique 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.

TONE & TRAIN: Experience this total body workout utilizing resistance and cardio training, this class will use weights, bosu, step 360, and body bars.

TURBOKICK: It's a combination of kickboxing moves and dance moves all perfectly choreographed to high energy and motivating music. It's a cardiovascular challenge that's a unique blend of intervals and strength/endurance training.

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.