## Wellness Classes
### Fall Schedule - August 21 - December 15

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Open Fitness SRC Main-PH Pilates SRC West-PH</td>
<td>Open Fitness SRC Main-PH Pilates SRC West-PH</td>
<td>Open Fitness SRC Main-PH</td>
<td>Pilates SRC West-PH</td>
<td>Pilates SRC West-PH</td>
<td>Open Fitness SRC Main-PH Pilates SRC West-PH</td>
<td>Open Fitness SRC Main-PH Pilates SRC West-PH</td>
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<tr>
<td>9:30am</td>
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<td></td>
<td>Cycling SRC East-KSw/JK/BC/JR</td>
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<tr>
<td>10:30am</td>
<td>Open Fitness SRC Main-PH</td>
<td>Ashtanga Yoga SRC West-EM</td>
<td>Open Fitness SRC Main-PH</td>
<td>Ashtanga Yoga SRC West-EM</td>
<td>Zumba® SRC West-AT/DM/GT/LH</td>
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<tr>
<td>11:30am</td>
<td>Open Fitness SRC Main-PH Gravity SRC East-BS Chisel &amp; Sculpt SRC West-RS</td>
<td>Open Fitness SRC Main-RM Cycling SRC East-KSw Zumba® SRC West-GT</td>
<td>Open Fitness SRC Main-RM Gravity SRC East-BS Chisel &amp; Sculpt SRC West-RS</td>
<td>Open Fitness SRC Main-BS Gravity SRC East-KSw Zumba® SRC West-GR</td>
<td>Open Fitness SRC Main-BS Gravity SRC East-KSw Zumba® SRC West-GR</td>
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<tr>
<td>12:30pm</td>
<td>Open Fitness SRC Main-PH Gravity SRC East-BS Chisel &amp; Sculpt SRC West-RS TRX SRC Gold-JD</td>
<td>Open Fitness SRC Main-RM Gravity Pilates SRC East-BS Body Circuit SRC West-RS</td>
<td>Open Fitness SRC Main-RM Gravity Pilates SRC West-SY TRX SRC Gold-B5</td>
<td>Open Fitness SRC Main-BS Gravity Pilates SRC East-BS Body Circuit SRC West-RS</td>
<td>Open Fitness SRC Main-BS Gravity SRC East-KSw Zumba® SRC West-GR</td>
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<tr>
<td>1:30pm</td>
<td>Power Vinyasa SRC West-JD</td>
<td>Power Vinyasa SRC West-JD</td>
<td>Power Vinyasa SRC West-JD</td>
<td>Power Vinyasa SRC West-JD</td>
<td>Power Vinyasa SRC West-JD</td>
<td>Power Vinyasa SRC West-JD</td>
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<tr>
<td>3:30pm</td>
<td>Open Fitness SRC Main-BS</td>
<td>Open Fitness SRC Main-BS</td>
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<tr>
<td>4:30pm</td>
<td>Absolute Abs SRC West-RS Pilates SRC West-GT</td>
<td>Absolute Abs SRC West-GT</td>
<td>Pilates SRC West-GT</td>
<td>Pilates SRC West-GT</td>
<td>Pilates SRC West-GT</td>
<td>Pilates SRC West-GT</td>
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<tr>
<td>5:30pm</td>
<td>Open Fitness SRC Main-RS Cycling SRC East-AV Belly Dancing SRC West-KM</td>
<td>Open Fitness SRC Main-CP Gravity SRC East-BS Zumba® SRC West-DM</td>
<td>Open Fitness SRC Main-CP Cycling SRC East-AV Belly Dancing SRC West-KM</td>
<td>Open Fitness SRC Main-BS Gravity SRC East-BS Zumba® SRC West-DM</td>
<td>Open Fitness SRC Main-BS Yoga SRC West-HL</td>
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<tr>
<td>6:30pm</td>
<td>Open Fitness SRC Main-BS Zumba® SRC West-GT</td>
<td>Open Fitness SRC Main-BS Yoga SRC West-LW</td>
<td>Open Fitness SRC Main-BS Zumba® SRC West-GT</td>
<td>Open Fitness SRC Main-BS Yoga SRC West-LW</td>
<td>Open Fitness SRC Main-BS Zumba® SRC West-GT</td>
<td>Open Fitness SRC Main-BS Yoga SRC West-LW</td>
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<tr>
<td>7:30pm</td>
<td>Open Fitness SRC Main-BS</td>
<td>Open Fitness SRC Main-BS</td>
<td>Open Fitness SRC Main-BS</td>
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<td>Open Fitness SRC Main-BS</td>
<td>Open Fitness SRC Main-BS</td>
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### Instructors
- Aimee - AT
- Brad - BC
- Elizabeth - EM
- Holly - HL
- Jessie - JS
- Kimberly - KM
- Peg - PH
- Sung - SY
- Audrey - AV
- Calin - CP
- Gentry - GT
- Jessica - JD
- Jill - JR
- Leah - LH
- Rachel - RM
- Ben - BS
- Dina - DM
- Ginny - GR
- Jon - JK
- Kandi - KSw
- Lisa - LW
- Rachel - RS

### Hours
#### Student Recreation Center
- Mon-Thurs: 6am - 11pm
- Friday: 6am - 9pm
- Saturday: 9am - 9pm
- Sunday: 11am - 11pm

#### Climbing Center
- Weekdays: Noon - 9pm
- Saturday: 9am - 8pm
- Open Youth: 9am - 2pm
- Sunday: 2pm - 8pm

#### Campus Recreation Office
- Weekdays: 8am - 6pm
- Weekends: Closed

### Email: uidaho.edu/wellness | Phone: (208) 885-6381

**Updated:** 09/05/17
Class Descriptions

**Abslolute Abs**: Learn to move your body in exotic ways. A fun way to work your whole body.

**Ashtanga Yoga**: This class uses synchronized breathing through progressive postures. The result is improved circulation, flexibility, balance, and a calm mind.

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

**Body Circuit**: A fun class where you will move from station to station. Cardio, strength, core work and stretching will all be incorporated in this full body workout.

**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 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 core and legs.

**Open Fitness**: Intimidated by the weight room? Need some training advice? This class has a personal trainer to answer your questions.

**Pilates**: A full body exercise that educates, realigns, and balances the body, which builds lean, flexible muscles. Pilates increases coordination and improves body alignment and posture while relieving stress and tension.

**Power Vinyasa**: This class will flow you through powerful asanas designed to invigorate your mind and body. With the use of body weight, flexibility and focus you will gain strength, range of motion and a sense of calm well-being.

**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.

**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 & dance 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.

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**Wellness Program Personal Trainers**

Wellness Program Personal Trainers are certified by national organizations including the American Council on Exercise (ACE) and the American College of Sports Medicine (ACSM). Personal Trainers also receive additional training prior to and while they are working.

Our Personal Trainers have a variety of specialties including:

- Sports specific training
- Training novice exercisers
- Weight management
- Strength training
- Cardiovascular training

**Personal Training Options**

All new clients must go through an assessment prior to beginning training.

**Personal Training Options**

<table>
<thead>
<tr>
<th>Body Comp Testing</th>
<th>$8</th>
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<tbody>
<tr>
<td>Intro to Fitness (3 sessions)</td>
<td>$120</td>
</tr>
<tr>
<td>1 Session</td>
<td>$35</td>
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<tr>
<td>4 Sessions</td>
<td>$120</td>
</tr>
<tr>
<td>10 Sessions</td>
<td>$275</td>
</tr>
<tr>
<td>20 Session</td>
<td>$500</td>
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<table>
<thead>
<tr>
<th>Partner Personal Training</th>
<th>1 Visit/4 Pack</th>
</tr>
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<tbody>
<tr>
<td>2 People</td>
<td>$45/$165</td>
</tr>
<tr>
<td>3 People</td>
<td>$60/$225</td>
</tr>
<tr>
<td>4 People</td>
<td>$75/$280</td>
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**Wellness Pass Options**

**University of Idaho Affiliated**

| Single Passes:          | $4 per visit |
| 18-Use Pass:            | $50          |
| 36-Use Pass:            | $90          |
| Unlimited Special:      | $125         |

**General Public**

| Single Passes:          | $4 per visit |
| Unlimited Special:      | $125         |

**Personal Fitness Credit for Students**

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

Find what moves you