## 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>
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<tr>
<td>6:15am</td>
<td>Open Fitness SRC Main-JS</td>
<td>Open Fitness SRC Main-RM</td>
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<td>Sunrise Yoga SRC West-EM</td>
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<td>8:00am</td>
<td>Open Fitness SRC Main-PH</td>
<td>Pilates SRC West-PH</td>
<td>Open Fitness SRC Main-PH</td>
<td>Pilates SRC West-PH</td>
<td>Cycling SRC East-KSw/JK/BC/JR</td>
<td>Cycling SRC East-KSw/JK/BC/JR</td>
<td>Cycling SRC East-KSw/JK/BC/JR</td>
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<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>
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<td>Boot Camp Circuit SRC West-RM</td>
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<td>3:30pm</td>
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<td>4:30pm</td>
<td>Absolute Abs SRC West-ZM</td>
<td>Pilates SRC West-ZM</td>
<td>Absolute Abs SRC West-ZM</td>
<td>Pilates SRC West-ZM</td>
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<td>7:30pm</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
- Audrey - AV
- Ben - BS
- Brad - BC
- Calin - CP
- Chuck - CS
- Dina - DM
- Elizabeth - EM
- Gentry - GT
- Ginny - GR
- Holly - HL
- Jessica - JD
- Jill - JR
- Jon - JK
- Kandi - KSw
- Kimberly - KM
- Leaha - LH
- Lisa - LW
- Peg - PH
- Rachel - RM
- Sung - SY
- Zach - ZM

### Hours

**Student Recreation Center**
- Mon-Thurs: 6am - 11pm
- Friday: 6am - 9pm
- Saturday: 9am - 5pm
- Sunday: 11am - 11pm

**Climbing Center**
- Weekdays: Noon - 9pm
- Tuesday: 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
Absloute 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 & 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.

Class Descriptions

Join Marissa Rudley, Campus Dietitian. Join us each month for an interactive cooking class using local ingredients. Learn the basics of cooking fun and easy meals on a college budget! Classes are held at the Student Recreation Center Classroom 4-5pm. You can also earn Personal Fitness Credit.

Classes are FREE for all UI Students and all skill levels are welcome!

Wellness Training

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

Body Comp Testing $8
Intro to Fitness (3 sessions) $120
1 Session $35
4 Sessions $120
10 Sessions $275
20 Session $500

Partner Personal Training 1 Visit/4 Pack
2 People $45/$165
3 People $60/$225
4 People $75/$280

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.

Fall 2017 Passes good through January 7, 2018

FIND WHAT MOVES YOU