<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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<tbody>
<tr>
<td>6:15am</td>
<td>Open Fitness SRC Main - PH</td>
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<td>Chisel &amp; Sculpt SRC West - GT</td>
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<td>7:15am</td>
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<td>9:30am</td>
<td>Yoga SRC East - EM/PH</td>
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<tr>
<td>10:30am</td>
<td>Absolute Abs SRC West - R5</td>
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<td>11:30am</td>
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<td>Chisel &amp; Sculpt SRC West - R5</td>
<td>Zumba SRC West - GT</td>
<td>Chisel &amp; Sculpt SRC West - R5</td>
<td>Zumba SRC West - R5</td>
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<td>12:30pm</td>
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<td>TRX SRC Gold - JD</td>
<td>Gravity SRC East - GT</td>
<td>TRX SRC Gold - BS</td>
<td>Gravity SRC East - GT</td>
<td>TRX SRC Gold - BS</td>
<td>TRX SRC Gold - BS</td>
<td>Zumba SRC West - CL/SY/GT</td>
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<td>1:30pm</td>
<td>Power Vinyasa SRC West - JD</td>
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<td>3:30pm</td>
<td>Body Circuit SRC West - R5</td>
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<td>5:15pm</td>
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<td>Zumba SRC West - GT</td>
<td>Zumba SRC West - CL</td>
<td>Zumba SRC West - GT</td>
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<td>Pilates SRC West - GT</td>
<td>Yoga SRC West - LW</td>
<td>Pilates SRC West - GT</td>
<td>Yoga SRC West - LW</td>
<td>Pilates SRC West - GT</td>
<td>Yoga SRC West - LW</td>
<td>Pilates SRC West - GT</td>
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**Instructors**

Ben - BS  
Brad - BC  
Cassie - CL  
Dina - DM  
Elizabeth - EM  
Gentry - GT  
Jessica - JD  
Jon - JK  
Kandi - KSw  
Lisa - LW  
Peg - PH  
Rachel - RS  
Sung - SY

*Fall 2017 Wellness classes will begin August 21*.  
uidaho.edu/campusrec  | (208) 885-6381
Class Descriptions

**Absolute Abs:** This class focuses on core strength and lower body training. Class also incorporates lower back exercises to maintain muscle balance, varying intensity levels.

**Body Circuit:** Total body workout circuit style. This class offers stations of cardio, strength, plyometric and core training focus. Maximize calorie burn and total body training.

**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:** A system of controlled exercises on the Gravity machine that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

**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.

**Open Fitness:** Intimidated by the weight room? This class will teach you how to use the equipment & use proper form.

**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.

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**Wellness Pass Options**

**University of Idaho Affiliated**

- Single Passes: $4 per visit
- 18-Use Pass: $50
- 36-Use Pass: $90
- Summer Unlimited Special: $31.25

**General Public**

- Single Passes: $4 per visit
- Summer Unlimited Special: $31.25

**Personal Fitness Credit for Students**

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

*Summer 2017 Passes Good Through August 20th*

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**Summer Hours**

**Student Recreation Center**

- Weekdays: 6am - 8pm
- Weekends: Noon - 6pm

**Climbing Center**

- Weekdays: 3pm - 8pm
- Saturday: Noon - 6pm
- Sunday: Closed

**Campus Recreation Office**

- Weekdays: 7:30am - 4:30pm
- Weekends: Closed

**Outdoor Program Office**

- Weekdays: 9am - 4:30pm
- Weekends: Closed

**SRC Closure Dates:**

- Memorial Day, Fourth of July & Annual Maintenance (July 22 - 30)

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