# Tentative 2019 Spring Schedule

## Wellness Classes

### Time

<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>
</tr>
</thead>
<tbody>
<tr>
<td>6:15am</td>
<td>Open Fitness SRC Main - AM</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - AM</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - AM</td>
<td>Open Fitness SRC Main - AM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sunrise Yoga SRC West - CS</td>
<td>Sunrise Yoga SRC West - AM</td>
<td>Sunrise Yoga SRC West - AM</td>
<td>Sunrise Yoga SRC West - AM</td>
<td>Sunrise Yoga SRC West - AM</td>
<td>Sunrise Yoga SRC West - AM</td>
<td></td>
</tr>
<tr>
<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></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td>Yoga SRC West - EM</td>
<td>Yoga SRC West - EM</td>
<td></td>
<td></td>
<td></td>
<td>Zumba SRC West - AT/LH</td>
<td></td>
</tr>
<tr>
<td>11:30am</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gravity SRC East - AV</td>
<td>Cycling SRC East - BS</td>
<td>Gravity SRC East - AV</td>
<td>Cycling SRC East - BS</td>
<td>Gravity SRC East - AV</td>
<td>Strong SRC West - YT</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chisel &amp; Sculpt SRC West - AM</td>
<td>Zumba SRC West - MM</td>
<td>Zumba SRC West - MM</td>
<td>Zumba SRC West - MM</td>
<td>Zumba SRC West - MM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Boot Camp SRC West - SY</td>
<td>TRX SRC West - SY</td>
<td>TRX SRC West - SY</td>
<td>TRX SRC West - SY</td>
<td>TRX SRC West - SY</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zumba SRC West Silver - BS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30pm</td>
<td>Yoga SRC West - SR</td>
<td>Yoga SRC West - SR</td>
<td>TRX SRC Silver - BS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30pm</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Open Fitness SRC Main - BS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30pm</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cycling SRC East - ALM</td>
<td>Gravity SRC East - BS</td>
<td>Barre SRC West - KB</td>
<td>Gravity SRC East - BS</td>
<td>Barre SRC West - KB</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pilates SRC West - BW</td>
<td>Zumba SRC West - YT</td>
<td>Zumba SRC West - YT</td>
<td>Zumba SRC West - YT</td>
<td>Zumba SRC West - YT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30pm</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zumba SRC West - SY</td>
<td>Yoga SRC West - LyW</td>
<td>Yoga SRC West - LyW</td>
<td>Yoga SRC West - LyW</td>
<td>Yoga SRC West - LyW</td>
<td></td>
<td></td>
</tr>
<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>
<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Instructors

- **Aimee - AT**
- **Alex - ALM**
- **Andy - AM**
- **Audrey - AV**
- **Ben - BS**
- **Brad - BC**
- **Chelsea - CS**
- **Jon - JK**
- **Kandi - KSw**
- **Kayla - KB**
- **Kaylee Jo - KJO**
- **Leah - LH**
- **Lisa - LW**
- **Lydia - LyW**
- **Michael - MS**
- **Melanie - MM**
- **Melissa - MB**
- **Peg - PH**
- **Rachel - RM**
- **Sung - SY**
- **Savannah - SR**
- **Sung - SY**
- **Yuki - YT**

### 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

### Website
- [uidaho.edu/campusrec](http://uidaho.edu/campusrec)
- Phone: (208) 885-6381
Class Descriptions

Barre: is a dance inspired fitness class which will include a warm-up, stretching, ballet style exercises, core work and help you develop long, lean toned muscles.

Belly, Butt & Thighs: is an intense workout designed to blast your core, tone your tush and tighten your thighs. This mostly lower body workout will help you get your sweat on.

Boot Camp: is a whole body workout Using body weight, bands, ropes, sandbells, and much more. Your whole body will be worked from top to bottom...let the sweat begin.

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.’

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.

Strong: Combines Zumba based interval training to improve muscular endurance, tone and definition.

Sunrise Yoga: Move into balance! Yoga practice brings strength, flexibility, & peace.

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.

INTRO TO FITNESS
4 sessions with a Personal Trainer – $120

Contact:
peg@uidaho.edu
or (208) 885-9355

Personal 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 (4 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.

Spring Passes good through August 25, 2019

FIND WHAT MOVES YOU

FIND WHAT MOVES YOU

FIND WHAT MOVES YOU