## 2019 Spring Schedule

### Wellness Classes

| Time  | Monday                                      | Tuesday                                      | Wednesday                                      | Thursday                                      | Friday                                      | Saturday                                      | Sunday                                      |
|-------|---------------------------------------------|---------------------------------------------|----------------------------------------------|---------------------------------------------|---------------------------------------------|----------------------------------------------|
| 6:15am| **Open Fitness** SRC Main - AM              | **Open Fitness** SRC Main - MS              | **Open Fitness** SRC Main - AM               | **Open Fitness** SRC Main - MS              | **Open Fitness** SRC Main - AM              | **Open Fitness** SRC Main - AM              |
|       | **Cycling** SRC East - JK                   | **Gravity** SRC East - AM                   | **Cycling** SRC East - BC                    | **Gravity** SRC East - AM                   | **Cycling** SRC East - AM                   | **Cycling** SRC East - AM                   |
|       | **Sunrise Yoga** SRC West - CS              | **Sunrise Yoga** SRC West - CS              | **Sunrise Yoga** SRC West - CS              | **Sunrise Yoga** SRC West - CS              | **Sunrise Yoga** SRC West - CS              | **Sunrise Yoga** SRC West - CS              |
| 8:00am| **Open Fitness** SRC Main - PH              | **Pilates** SRC West - PH                   | **Open Fitness** SRC Main - PH               | **Pilates** SRC West - PH                   | **Open Fitness** SRC Main - PH              |                                               |
| 9:30am|                                           |                                             | **Open Fitness** SRC Main - PH               | **Open Fitness** SRC Main - PH               |                                               |                                               |
| 10:30am|                                          |                                             | **Yoga** SRC West - EM                       | **Yoga** SRC West - EM                       | **Open Fitness** SRC Main - B               | **Open Fitness** SRC Main - B               |
| 11:30am|                                          |                                             | **Open Fitness** SRC Main - MB               | **Open Fitness** SRC Main - MB               | **Open Fitness** SRC Main - KJ/PH           | **Open Fitness** SRC Main - KJ/PH           |
|       | **Gravity** SRC East - AV                   | **Cycling** SRC East - BS                   | **Chisel & Sculpt** SRC West - MM           | **Gravity** SRC East - BS                   | **Cycling** SRC East - BS                   | **Strong** SRC West - YT                    |
|       | **Zumba** SRC West - MM                      | **Chisel & Sculpt** SRC West - MM           | **Chisel & Sculpt** SRC West - AM           | **Chisel & Sculpt** SRC West - AM           | **Chisel & Sculpt** SRC West - AM           |                                               |
| 12:30pm| **Open Fitness** SRC Main - AM              | **Open Fitness** SRC Main - MB              | **Open Fitness** SRC Main - AM              | **Open Fitness** SRC Main - MB              | **Open Fitness** SRC Main - AM              | **Open Fitness** SRC Main - AM              |
|       | **Zumba** SRC West - SY                      | **Zumba** SRC West - MM                      | **Zumba** SRC West - MM                      | **Zumba** SRC West - MM                      | **Zumba** SRC West - MM                      | **Zumba** SRC West - MM                      |
|       | **TRX** SRC Silver - BS                       | **TRX** SRC Silver - BS                       | **TRX** SRC Silver - BS                       | **TRX** SRC Silver - BS                       | **TRX** SRC Silver - BS                       | **TRX** SRC Silver - BS                       |
| 1:30pm| **Yoga** SRC West - SR                       | **Yoga** SRC West - SR                       | **Yoga** SRC West - SR                       | **Yoga** SRC West - SR                       | **Yoga** SRC West - SR                       |                                               |
| 4:30pm| **Open Fitness** SRC Main - B               | **Open Fitness** SRC Main - B               | **Open Fitness** SRC Main - B               | **Open Fitness** SRC Main - B               | **Open Fitness** SRC Main - B               | **Open Fitness** SRC Main - B               |
| 5:30pm| **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              |
|       | **Cycling** SRC East - KJO                  | **Gravity** SRC East - BS                   | **Gravity** SRC East - ALM                  | **Gravity** SRC East - BS                   | **Gravity** SRC East - ALM                  | **Gravity** SRC East - ALM                  |
|       | **Pilates** SRC West - BW                    | **Zumba** SRC West - YT                      | **Zumba** SRC West - YT                      | **Zumba** SRC West - YT                      | **Zumba** SRC West - YT                      | **Zumba** SRC West - YT                      |
| 6:30pm| **Open Fitness** SRC Main - BS              | **Yoga** SRC West - LyW                     | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              |
|       | **Zumba** SRC West - SY                      | **Zumba** SRC West - SY                      | **Zumba** SRC West - SY                      | **Zumba** SRC West - SY                      | **Zumba** SRC West - SY                      | **Yoga** SRC West - LW                      |
| 7:30pm| **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              | **Open Fitness** SRC Main - BS              |                                               |

**Instructors**

Schedule is subject to change. For the most current please check our facebookpage @UIdahoWellness

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<tr>
<td>Aimee - AT</td>
<td>Audrey - AV</td>
<td>Brianna - BW</td>
<td>Elizabeth - EM</td>
<td>Kayla - KB</td>
<td>Lisa - LW</td>
<td>Melissa - MB</td>
<td>Rachel - RM</td>
<td>Yuki - YT</td>
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<td>Alex - ALM</td>
<td>Ben - BS</td>
<td>Cameron - CJ</td>
<td>Jon - JK</td>
<td>Kaylee Jo - KJO</td>
<td>Lydia - LyW</td>
<td>Michael - MS</td>
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<td>Andy - AM</td>
<td>Brad - BC</td>
<td>Chelsea - CS</td>
<td>Kandi - KSw</td>
<td>Leah - LH</td>
<td>Melanie - MM</td>
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### Hours

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

**Camping 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 | 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 class will focus on functional moves, core strength & balance along with range of motion.

**Boot Camp:** is a whole body workout focusing on 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 class 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.

**Wellness Program Personal Trainers**

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
- **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.

**Unlimited Wellness Passes good through August 25, 2019**

**FIND WHAT MOVES YOU**