### Fall Schedule

#### Wellness Classes
August 20 - December 14

<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 - RM</td>
<td>Open Fitness SRC Main - MS</td>
<td>Open Fitness SRC Main - RM</td>
<td>Open Fitness SRC Main - MS</td>
<td>Open Fitness SRC Main - RM</td>
<td>Open Fitness SRC Main - RM</td>
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<tr>
<td></td>
<td>Sunrise Yoga SRC West - CS</td>
<td>Sunrise Yoga SRC West - CS</td>
<td>Sunrise Yoga SRC West - CS</td>
<td>Sunrise Yoga SRC West - CS</td>
<td>Sunrise Yoga SRC West - CS</td>
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<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>
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<tr>
<td></td>
<td>Yoga SRC West - PH</td>
<td>Yoga SRC West - PH</td>
<td>Yoga Toning SRC West - PH</td>
<td>Yoga Toning SRC West - PH</td>
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<tr>
<td>9:30am</td>
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<td>Yoga Toning SRC West - PH</td>
<td>Yoga Toning SRC West - PH</td>
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<tr>
<td>10:30am</td>
<td>Open Fitness SRC Main - PH</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>
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<tr>
<td></td>
<td>Gravity SRC East - BS</td>
<td>Cycling SRC East - AV</td>
<td>Chisel &amp; Sculpt SRC West - RM</td>
<td>Cycling SRC East - AV</td>
<td>Chisel &amp; Sculpt SRC West - RM</td>
<td>Chisel &amp; Sculpt SRC West - RM</td>
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<tr>
<td>11:30am</td>
<td>Open Fitness SRC Main - PH</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>
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<tr>
<td></td>
<td>Gravity SRC East - BS</td>
<td>Cycling SRC East - AV</td>
<td>Chisel &amp; Sculpt SRC West - RM</td>
<td>Cycling SRC East - AV</td>
<td>Chisel &amp; Sculpt SRC West - RM</td>
<td>Chisel &amp; Sculpt SRC West - RM</td>
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<tr>
<td></td>
<td>Zumba SRC West - SY</td>
<td>TRX SRC Gold - BS</td>
<td>Zumba SRC West - MM</td>
<td>TRX SRC Gold - BS</td>
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<td>12:30pm</td>
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<td>Open Fitness SRC Main - BS</td>
<td>Open Fitness SRC Main - BS</td>
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<tr>
<td></td>
<td>Zumba SRC West - SY</td>
<td>TRX SRC Gold - BS</td>
<td>TRX SRC Gold - BS</td>
<td>TRX SRC Gold - BS</td>
<td>TRX SRC Gold - BS</td>
<td>TRX SRC Gold - BS</td>
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<td></td>
<td>TRX SRC Gold - BS</td>
<td>TRX SRC Gold - BS</td>
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<td>1:30pm</td>
<td>Power Vinyasa SRC West - JD</td>
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<td>4:30pm</td>
<td>Open Fitness SRC Main - KJO</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>
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<td></td>
<td>Absolute Abs SRC West - KJO</td>
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<td>Absolute Abs SRC West - KJO</td>
<td>Absolute Abs SRC West - KJO</td>
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<td>5:30pm</td>
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<tr>
<td>6:30pm</td>
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<tr>
<td></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>
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<tr>
<td>7:30pm</td>
<td>Strong SRC West - YT</td>
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<td>Strong SRC West - YT</td>
<td>Strong SRC West - YT</td>
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</tbody>
</table>

### Instructors

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

- **Aimee - AT**
- **Ben - BS**
- **Cameron - CJ**
- **Jon - JK**
- **Kaylee Jo - KJO**
- **Lupita - LP**
- **Michael - MS**
- **Sung - SY**
- **Andy - AM**
- **Brad - BC**
- **Chelsea - CS**
- **Jessie - JS**
- **Leah - LH**
- **Mandi - MR**
- **Peg - PH**
- **Yuki - YT**
- **Audrey - AV**
- **Cameron - CA**
- **Jessica - JD**
- **Kandi - KSw**
- **Lisa - LW**
- **Melanie - MM**
- **Rachel - RM**

### 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/wellness | **Phone:** (208) 885-6381

**Updated:** 10/10/18

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**Instructors**

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Class Descriptions

**Absolute Abs:** This class focuses on core strength and lower body toning. The instructor also incorporates exercises for the lower back to maintain muscle balance.

**Body Bootcamp:** 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 participant's fitness level - 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.

**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.


**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 & 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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**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**

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Body Comp Testing</td>
<td>$8</td>
</tr>
<tr>
<td>Intro to Fitness (3 sessions)</td>
<td>$120</td>
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<tr>
<td>1 Session</td>
<td>$35</td>
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<tr>
<td>4 Sessions</td>
<td>$120</td>
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<tr>
<td>10 Sessions</td>
<td>$275</td>
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<tr>
<td>20 Session</td>
<td>$500</td>
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**Partner Personal Training**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Price</th>
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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**

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Passes</td>
<td>$4 per visit</td>
</tr>
<tr>
<td>18-Use Pass</td>
<td>$50</td>
</tr>
<tr>
<td>36-Use Pass</td>
<td>$90</td>
</tr>
<tr>
<td>Unlimited Special</td>
<td>$93.75</td>
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**General Public**

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Passes</td>
<td>$4 per visit</td>
</tr>
<tr>
<td>Unlimited Special</td>
<td>$125</td>
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**Personal Fitness Credit for Students**

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

**Fall 2018 Passes good through January 8, 2019**

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**Get Your Wellness in Gear**

Join us for an afternoon of events and a free bowl of chili.

**Health & Rec Fair**

Wednesday, October 17 | 12 - 4 p.m. at the Student Rec Center

- Bike repair workshop
- CPR demonstrations
- Smoothie bike
- Vision screenings
- Dental resources
- Blood pressure screenings
- HIV screenings
- Nutrition tips
- Diabetes education
- Sun safety education
- Mental health screenings
- Wellness photo booth
- Ergonomic education
- Chair massages
- Free climbing
- Free flu shots for students

**Students Enter To Win A Bike**

(Complete the wellness passport and get entered in bike drawing, sponsored by ASUI)

For more information visit uidaho.edu/health-rec-fair

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**Wellness Pass Options**

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<thead>
<tr>
<th>Pass Type</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>Single Passes</td>
<td>$4 per visit</td>
</tr>
<tr>
<td>18-Use Pass</td>
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**General Public**

<table>
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<tr>
<th>Pass Type</th>
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</thead>
<tbody>
<tr>
<td>Single Passes</td>
<td>$4 per visit</td>
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<tr>
<td>Unlimited Special</td>
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**FIND WHAT MOVES YOU**