## WELLNESS

### 2019 SUMMER SCHEDULE

May 11 - August 25

#### 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>
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<tbody>
<tr>
<td>6:15 a.m.</td>
<td><strong>Open Fitness</strong> Staff SRC Main - JK</td>
<td><strong>Open Fitness</strong> Staff SRC Main - AM</td>
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<td>8:00 a.m.</td>
<td><strong>Tone &amp; Chisel</strong> Staff SRC West - AM</td>
<td><strong>Open Fitness</strong> Staff SRC Main - AM</td>
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<td>8:00 a.m.</td>
<td><strong>Yoga</strong> Staff SRC West - EM</td>
<td><strong>Open Fitness</strong> Staff SRC Main - AM</td>
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<td>11:30 a.m.</td>
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<td>12:30 p.m.</td>
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<td>5:30 p.m.</td>
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<td>6:30 p.m.</td>
<td><strong>Yoga</strong> Staff SRC West - LW</td>
<td><strong>Open Fitness</strong> Staff SRC Main - MB</td>
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**Fall 2019 Wellness classes will begin August 26th**

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

**Instructors**

- Aimee - AT
- Audrey - AV
- Brianna - BW
- Elizabeth - EM
- Leah - LH
- Melanie - MM
- Sung - SY
- Alex - ALM
- Ben - BS
- Cameron - CJ
- Jon - JK
- Lisa - LW
- Melissa - MB
- Yuki - YT
- Andy - AM
- Brad - BC
- Dina - DM
- Kandi - KSw
- Lydia - LyW
- Peg - PH

Updated 05/13/19
Class Descriptions

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 levels - without sacrificing technique, variety, challenge & importantly "fun."

HIIT Light: Total body workout in fast paced intervals. This class offers interval cardio, strength, plyometric and core training focus. Maximize calorie burn and total body training.

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

Tone and Chisel: Tone your muscles and your body with low-impact exercises while building strength and burning calories with free weights.

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.

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

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 2019 Passes Good Through August 25th

Summer Hours

Student Recreation Center
Weekdays: 6 a.m. - 8 p.m.
Weekends: Noon - 6 p.m.

Climbing Center
Weekdays: 3 p.m. - 8 p.m.
Saturday: Noon - 6 p.m.
Sunday: Closed

Campus Recreation Office
Weekdays: 7:30 a.m. - 4:30 p.m.
Weekends: Closed

Outdoor Program Office
Weekdays: 9 a.m. - 4:30 p.m.
Weekends: Closed

SRC Closure Dates:
Memorial Day, Fourth of July & Annual Maintenance (July 20 - 28)

University of Idaho
Campus Recreation
uidaho.edu/ campusrec  I (208) 885-6381