### GROUP FITNESS

**FALL 2019 SCHEDULE | AUGUST 26 - DECEMBER 20**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>6:15 a.m.</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Jon&lt;br&gt;Yoga&lt;br&gt;SRC West &gt; Laurel</td>
<td><strong>Yoga</strong>&lt;br&gt;SRC West &gt; Laurel&lt;br&gt;Gravity&lt;br&gt; SRC East - Isaiah</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Brad&lt;br&gt;Yoga&lt;br&gt; SRC West &gt; Laurel</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East - Isaiah&lt;br&gt; Yoga&lt;br&gt; SRC West &gt; Laurel</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Alex&lt;br&gt;Yoga&lt;br&gt; SRC West &gt; Laurel</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Rotation</td>
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<td>9:30 a.m.</td>
<td><strong>Astanga Yoga</strong>&lt;br&gt;SRC West &gt; Elizabeth</td>
<td><strong>Astanga Yoga</strong>&lt;br&gt;SRC West &gt; Elizabeth</td>
<td><strong>Zumba</strong>&lt;br&gt; SRC West &gt; Rotation</td>
<td><strong>Zumba</strong>&lt;br&gt; SRC West &gt; Rotation</td>
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<td><strong>Zumba</strong>&lt;br&gt; SRC West &gt; Rotation</td>
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<td>10:30 a.m.</td>
<td><strong>Chisel &amp; Sculpt</strong>&lt;br&gt;SRC West &gt; Melissa&lt;br&gt;TRX&lt;br&gt; SRC Silver &gt; Ben</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Ashley&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Cameron</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Ashley&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Cameron</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Ashley&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Cameron</td>
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<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Ashley&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Cameron</td>
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<td>11:30 a.m.</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Melissa&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Sung</td>
<td><strong>Vinyasa Yoga</strong>&lt;br&gt; SRC West &gt; Elizabeth&lt;br&gt;Cycling&lt;br&gt; SRC East &gt; Kandi</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Melissa&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Sung</td>
<td><strong>Vinyasa Yoga</strong>&lt;br&gt; SRC West &gt; Elizabeth&lt;br&gt;Cycling&lt;br&gt; SRC East &gt; Kandi</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Melissa&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Sung</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Melissa&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Sung</td>
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<td>12:30 p.m.</td>
<td><strong>Barre</strong>&lt;br&gt; SRC West &gt; Merina</td>
<td><strong>Yoga</strong>&lt;br&gt; SRC West &gt; Emily</td>
<td><strong>Yoga</strong>&lt;br&gt; SRC West &gt; Emily</td>
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<td>1:30 p.m.</td>
<td><strong>BootCamp</strong>&lt;br&gt; SRC West &gt; Michael</td>
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<td>4:30 p.m.</td>
<td><strong>Cycling</strong>&lt;br&gt; SRC East &gt; Alex&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Sung</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Ben&lt;br&gt;HIT LITE&lt;br&gt; SRC West &gt; Kandi</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Ben&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Sung</td>
<td><strong>Gravity</strong>&lt;br&gt; SRC East &gt; Ben&lt;br&gt;Zumba&lt;br&gt; SRC West &gt; Sung</td>
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<td>5:30 p.m.</td>
<td><strong>WC Swing</strong>&lt;br&gt; SRC West &gt; Brendan</td>
<td><strong>Cycling</strong>&lt;br&gt; SRC East &gt; Brenda&lt;br&gt;WC Swing&lt;br&gt; SRC West &gt; Brendan</td>
<td><strong>WC Swing</strong>&lt;br&gt; SRC East &gt; Brenda&lt;br&gt;Yoga&lt;br&gt; SRC West &gt; Lisa</td>
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<td>6:30 p.m.</td>
<td><strong>Intro to WC Swing</strong>&lt;br&gt; SRC West &gt; Brendan</td>
<td><strong>Yoga</strong>&lt;br&gt; SRC West &gt; Lisa</td>
<td><strong>Yoga</strong>&lt;br&gt; SRC West &gt; Lisa</td>
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**Classes** - All group fitness classes presented in a drop in format. Modifications can be made for all ability levels so feel free to try any class.

**Ashtanga Yoga:** Uses synchronized breathing through progressive postures to improve circulation, flexibility, balance while relaxing your mind.

**BootCamp:** A total body workout using a constant variety of equipment and sequences to keep things stimulating and entertaining.

**Barre** An energizing whole body workout focusing on small muscle isolation to tone and strengthen.

**Chisel & Sculpt:** Simple, functional, and to the point using light hand weights and basic movements for an effective full-body workout.

**Cycling:** Endurance rides, hill climbing and flats, you will experience exhilarating indoor rides that take you through all types of terrains & intensity levels.

**Gravity:** Total body low impact strength training using the Total Gym GTS, a do it all machine.

**HIIT Lite:** Interval training presented in a less intimidating format. Experience total body strength and cardio training with high and low intensities.

**Intro WC Swing** - Stands for West Coast Swing; This class is required prior to taking the more advanced class WC Swing.

**Strong:** ZUMBA® based interval training combined with body weight strength training and plyometrics to improve endurance, strength, and definition.

**TRX:** Primarily using your own body’s weight, this total body workout challenges you in ways free weights and machines can’t.

**WC Swing** - Stands for West Coast Swing; A versatile partner dance that anyone can do with patience and effort that can be danced to variety of music types (Into WC Swing is required prior to taking this more advanced class).

**Vinyasa Yoga:** Flow through powerful asanas designed to invigorate your mind and body while improving strength, flexibility, and range of motion.

**Yoga:** A flow yoga class with modifications for all levels that will open joints and warm your muscles.

**Zumba®:** A high energy Latin beat based cardio dance class great for all levels and abilities.

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**University of Idaho Recreation and Wellbeing**

We ask that patrons exit the facility within a reasonable time after their class has ended. “Reasonable time” is defined as the time it would take you to change, use the restroom, and or shower.

Note: VandalCard access through the SRC turnstiles begins 30 minutes prior to scheduled fitness class and ends 5 minutes after the class has started.

**SRC Hours**

- Mon-Thurs: 6 a.m. - 10 p.m.
- Friday: 6 a.m. - 9 p.m.
- Saturday: 9 a.m. - 9 p.m.
- Sunday: 11 a.m. - 10 p.m.