## GROUP FITNESS

**TENTATIVE 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;<strong>Yoga</strong>&lt;br&gt;SRC West &gt; Laurel</td>
<td><strong>Yoga</strong>&lt;br&gt;SRC West &gt; Laurel-Gravity&lt;br&gt;SRC East - Isaiah</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Brad&lt;br&gt;<strong>Yoga</strong>&lt;br&gt;SRC West &gt; Laurel</td>
<td><strong>Yoga</strong>&lt;br&gt;SRC West &gt; Laurel-Gravity&lt;br&gt;SRC East - Isaiah</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Alex&lt;br&gt;<strong>Yoga</strong>&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>
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<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Rotation</td>
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<td>10:30 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>
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<td><strong>Zumba</strong>&lt;br&gt;SRC West &gt; Rotation</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>11:30 a.m.</td>
<td><strong>Chisel &amp; Sculpt</strong>&lt;br&gt;SRC East &gt; Melissa&lt;br&gt;<strong>TRX</strong>&lt;br&gt;SRC Silver &gt; Ben</td>
<td><strong>Gravity</strong>&lt;br&gt;SRC East - Ashley&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Cameron</td>
<td><strong>Chisel &amp; Sculpt</strong>&lt;br&gt;SRC East &gt; Melissa&lt;br&gt;<strong>TRX</strong>&lt;br&gt;SRC Silver &gt; Ben</td>
<td><strong>Gravity</strong>&lt;br&gt;SRC East - Ashley&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Cameron</td>
<td><strong>Chisel &amp; Sculpt</strong>&lt;br&gt;SRC East &gt; Rachel/Melissa&lt;br&gt;<strong>TRX</strong>&lt;br&gt;SRC Silver &gt; Ben</td>
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<td>12:30 p.m.</td>
<td><strong>Gravity</strong>&lt;br&gt;SRC East &gt; Melissa&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Sung</td>
<td><strong>Vinyasa Yoga</strong>&lt;br&gt;SRC West &gt; Elizabeth&lt;br&gt;<strong>Cycling</strong>&lt;br&gt;SRC East &gt; Kandi</td>
<td><strong>Gravity</strong>&lt;br&gt;SRC East &gt; Melissa&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Sung</td>
<td><strong>Vinyasa Yoga</strong>&lt;br&gt;SRC West &gt; Elizabeth&lt;br&gt;<strong>Cycling</strong>&lt;br&gt;SRC East &gt; Kandi</td>
<td><strong>Gravity</strong>&lt;br&gt;SRC East &gt; Melissa&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Sung</td>
<td><strong>Zumba</strong>&lt;br&gt;SRC West &gt; Sung</td>
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<td>4:30 p.m.</td>
<td><strong>BootCamp</strong>&lt;br&gt;SRC West &gt; Michael</td>
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<td>5:30 p.m.</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Alex&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Sung</td>
<td><strong>Gravity</strong>&lt;br&gt;SRC East &gt; Ben&lt;br&gt;<strong>HIIT Lite</strong>&lt;br&gt;SRC West &gt; Kandi</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Alex&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Sung</td>
<td><strong>Gravity</strong>&lt;br&gt;SRC East &gt; Ben&lt;br&gt;<strong>Strong</strong>&lt;br&gt;SRC West &gt; Yuki</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Brenda&lt;br&gt;<strong>Yoga</strong>&lt;br&gt;SRC West &gt; Lisa</td>
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<tr>
<td>6:30 p.m.</td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Brenda&lt;br&gt;<strong>Zumba</strong>&lt;br&gt;SRC West &gt; Yuki</td>
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<td></td>
<td></td>
<td><strong>Cycling</strong>&lt;br&gt;SRC East &gt; Brenda&lt;br&gt;<strong>Yoga</strong>&lt;br&gt;SRC West &gt; Lisa</td>
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### Classes

**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.

**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.

**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.

**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.

### Note

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

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

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**SRC Hours**

**Mon-Thurs:** 6 a.m. - 10 p.m.  
**Friday:** 8 a.m. - 9 p.m.  
**Saturday:** 9 a.m. - 9 p.m.  
**Sunday:** 11 a.m. - 10 p.m.

**Website:** uidaho.edu/recwell