University of Idaho

Wellness

Summer 2013
August 19 - August

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am	Sunrise Yoga SRC West - EM Open Weights SRC Main-AM	Open Weights SRC Main-DM	Sunrise Yoga SRC West - EM Open Weights SRC Main-AM	Open Weights SRC Main-DM	Open Weights SRC Main-IW	
10:30 am		Zumba Toning SRC West-TF		Zumba Toning SRC West-TF		
11:30 am	Chisel & Sculpt SRC West-CS/DM Open Weights SRC Main-PH	TurboKick SRC West-MC Open Weights SRC Main-EMa	Chisel & Sculpt SRC West-CS/DM Open Weights SRC Main-AM	TurboKick SRC West-MC Open Weights SRC Main-AM	Chisel & Sculpt SRC West-DM Open Weights SRC Main-AM	
12:30 pm	Zumba SRC West-EMa Open Weights SRC Main-JH	Open Weights SRC Main-JH Yoga SRC West-KP	Zumba SRC West-CJ/DM Open Weights SRC Main-AM	Open Weights SRC Main-JH Yoga SRC West-KP	Zumba SRC West-DM Open Weights SRC Main-TB	Zumba SRC West-DM Open Weights SRC Main-AM/DM
4:45 pm	Zumba SRC West-AD Open Weights SRC Main-AM	Open Weights SRC Main-TB	Zumba SRC West-KS Open Weights SRC Main-TB	Open Weights SRC Main-JH QiForze SRC West-EMa	Zumba SRC West-KS Open Weights SRC Main-AM	
5:45 pm	Yoga SRC West-BM	Zumba SRC West-JG	Yoga SRC West-BM	Zumba SRC West-JG	Yoga SRC West-BM	
6:45 pm	RIPPED SRC West-AH	Yoga SRC West-EC	RIPPED SRC West-AH	Yoga SRC West-EC		
7:45 pm	Zumba SRC West-MR		Zumba SRC West-MR			

Fall Schedule begins Aug 26th.

**NOTICE

Due to a scheduling issue the Cycling Room floor refinishing was just completed and needs a week for the varnish to cure. We will be unable to offer cycling or gravity classes Aug 19-25 We until the floors cure. We apologize for the inconvenience.

Instructors

Andy - AM
Anne - AD
Ashley - AH
Brian - BM
Bryan - BF
Bryon - BB
Christina - CJ
Chuck - CS
Dina - DM
Elizabeth - EM
Elaina - EMa
Eri - EC
Isaac - IW
Jamie - JG
Jen - JR
Joe - JH
Katie - KS
Kristine - KP
Mark - MT
Marilyn - MCr
Marnissa - MC
Mindy - MR
Peg - PH
Tammy - TF
Tyler - TB
Vanessa - VM

Fall 2013 Wellness classes will begin August 26.

uidaho.edu/ wellness | (208) 885-6381

CAMPUS REC WELLNESS

Updated 8/20/13

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 participants fitness levels -without sacrificing technique, variety, challenge & importantly 'fun.'

QiForze: A motivating muscular strength and endurance program that targets every major muscle group with unique foundation movement patterns. Full body workout choreographed to music.

RIPPED: Experience this total body workout utilizing resistance and cardio training, combing Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

Sunrise Yoga: Move into balance! Yoga practice brings strength, flexibility, & peace of mind. We work with your strengths & your weakness in this class.

TurboKick: Get you body moving in the fun, fast paced class. You will learn kicks, jabs and strikes in a cardio format done to music.

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. Traditional weight training often only works one muscle at a time and the TRX forces you to use normal coordinated muscle effort, used to complete most everyday activities.

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

Outdoor Bike Ride: Pedal your way through Moscow that will sculpt your muscles and generate a serious sweat. This 45-minute ride leads you through rolling hills, flats, sprints and other drills to give you a great interval workout. Must have bike and helmet.

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 & dancercise 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 Toning: Takes Zumba dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weight toning and body sculpting.

Summer 2013 Passes Good Through August 24, 2013

Wellness Pass Options

University of Idaho Affiliated

Single Passes:	$4 per visit
18-Use Pass:	$50
36-Use Pass:	$90
Summer Unlimited Special:	$45

General Public

Single Passes:	$4 Per visit
Summer Unlimited Special:	$45

Personal Fitness Credit for Students

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

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CAMPUS REC WELLNESS