

WELLNESS SPRING '12

JAN 11 - MAY 18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 am	Open Weights <i>SRC Main-JMc</i> Cycling <i>SRC East-DM</i> Sunrise Yoga <i>SRC West-EM</i>	Open Weights <i>SRC Main-DM</i> Gravity <i>SRC East-JL</i> TRX <i>Silver Gym-JMc</i>	Open Weights <i>SRC Main-JMc</i> Cycling <i>SRC East-BC</i> Sunrise Yoga <i>SRC West-EM</i>	Open Weights <i>SRC Main-DM</i> Gravity <i>SRC East-JL</i> TRX <i>Silver Gym-JY</i>	Open Weights <i>SRC Main-JL</i> Cycling <i>SRC East-MC</i> TRX <i>Silver Gym-JY</i>	
9:30 am	Gravity Pilates <i>SRC East-KP</i>	Aikido starts Jan 31 <i>SRC West-CD</i>	Gravity Pilates <i>SRC East-KP</i>	Aikido starts Jan 31 <i>SRC West-CD</i>	Gravity Pilates <i>SRC East-KP</i>	
10:30 am	Cardio Kick <i>SRC West-JL</i>	Zumba <i>SRC West-LF</i>	Cardio Kick <i>SRC West-JL</i>	Zumba <i>SRC West-LF</i>		Zumba <i>SRC West-DM/JL/JB</i>
11:00 am		TRX Blast (25 min) <i>Silver Gym-DM</i>		TRX Blast (25 min) <i>Silver Gym-DM</i>	Cardio Kick Blast <i>SRC West-JL</i>	
11:30 am	Open Weights <i>SRC Main-HG</i> Gravity <i>SRC East-JL</i> Chisel & Sculpt <i>SRC West-DM</i>	Open Weights <i>SRC Main-JY</i> Cycling <i>SRC East-JR</i> Zumba <i>SRC West-DM</i>	Open Weights <i>SRC Main-HG</i> Gravity <i>SRC East-JL</i> Chisel & Sculpt <i>SRC West-DM</i>	Open Weights <i>SRC Main-JY</i> Cycling <i>SRC East-JR</i> Zumba <i>SRC West-DM</i>	Open Weights <i>SRC Main-HG</i> Gravity <i>SRC East-JL</i> Chisel & Sculpt <i>SRC West-DM</i>	Open Weights <i>SRC Main-DM/JL/HG</i> Cycling <i>SRC East-DM/AH/BB</i>
12:30 pm	Open Weights <i>SRC Main-DM</i> Zumba <i>SRC West-JL</i> TRX <i>Silver Gym-JY</i>	Open Weights <i>SRC Main-DM</i> RIPPED <i>SRC West-AHa</i> Gravity <i>SRC East-JY</i> TRX <i>Silver Gym-HG</i>	Open Weights <i>SRC Main-DM</i> Zumba <i>SRC West-JB</i> TRX <i>Silver Gym-JY</i>	Open Weights <i>SRC Main-DM</i> RIPPED <i>SRC West-AHa</i> Gravity <i>SRC East-JY</i> TRX <i>Silver Gym-Hg</i>	Open Weights <i>SRC Main-DM</i> Zumba <i>SRC West-MR</i> TRX <i>Silver Gym-HG</i>	Zumba <i>SRC West-LF/MR/BB</i>
1:30 pm	Absolute Abs <i>SRC West-KP</i>	Flow Yoga <i>SRC West-HB</i>	Absolute Abs <i>SRC West-KP</i>	Flow Yoga <i>SRC West-HB</i>	Absolute Abs <i>SRC West-KP</i>	<p>Purchase your Wellness Pass at the Campus Rec office on the first floor of the SRC.</p> <p>• All classes are 50 min unless otherwise marked. • Schedule subject to change. • Personal Fitness Credit expires Mar 11 and May 6.</p>
2:30 pm		Circuit Sculpt <i>SRC West-CS</i>		Circuit Sculpt <i>SRC West-CS</i>		
3:30 pm	Belly Butt Thighs <i>SRC West-AM</i>	Power Sculpt <i>SRC West-JY</i>	Belly Butt Thighs <i>SRC West-AM</i>	Power Sculpt <i>SRC West-JY</i>	BeMOVED <i>SRC West-MH</i>	
4:30 pm	Yoga <i>SRC West-LF</i>	Gravity <i>SRC East-HG</i> Zumba <i>SRC West-JL</i>	Yoga <i>SRC West-EC</i>	Gravity <i>SRC East-HG</i> Zumba <i>SRC West-JL</i>	Zumba <i>SRC West-BBo/KT/MR</i>	
5:30 pm	Open Weights <i>SRC Main-JH</i> Cycling <i>SRC East-AH</i> Zumba <i>SRC West-JG</i>	Open Weights <i>SRC Main-YB/JH</i> Gravity <i>SRC East-JY</i> Yoga <i>SRC West-JL</i>	Open Weights <i>SRC Main-JH</i> Cycling <i>SRC East-JK</i> Zumba <i>SRC West-JG</i>	Open Weights <i>SRC Main-YB/JH</i> Gravity <i>SRC East-JY</i> Yoga <i>SRC West-JL</i>	Cycling <i>SRC East-JK</i> Yoga <i>SRC West-HGr</i>	
6:30 pm	Gravity <i>SRC East-LF</i> RIPPED <i>SRC West-AH</i>	Cycling <i>SRC East-HG</i> Belly Dancing <i>SRC West-KMc</i>	Gravity <i>SRC East-JB</i> RIPPED <i>SRC West-AH</i>	Cycling <i>SRC East-AH</i> Belly Dancing <i>SRC West-KMc</i>		
7:30 pm	Zumba <i>SRC West-JB</i>	Zumba <i>SRC West-KMc</i>	Zumba <i>SRC West-JB</i>	Zumba <i>SRC West-KMc</i>		
8:30 pm	Cycling <i>SRC East-JB</i>	Cycling <i>SRC East-BB</i>	Cycling <i>SRC East-JB</i>	Cycling <i>SRC East-BB</i>		



CLASS DESCRIPTIONS

ABSOLUTE ABS: This class will help you sculpt your core. Using traditional methods and physioballs, this class will be a fun way to tone and tighten that troublesome area.

AIKIDO: Learn to focus & energize your body with this flowing movement class.

BELLY, BUTT & THIGHS: Work the lower half of your body in the belly-busing, booty-shaping class.

BELLY DANCING: Laugh & learn to move your hips, move your belly & have a great time while improving your fitness level. This class will focus on hip isolation, posture, & precise movement.

CARDIO KICK: A fast-paced kickboxing, dance class.

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.

CIRCUIT SCULPT: This class will be a full body sculpting class, utilizing hand weights, bosu, body bars, physio balls and incorporating cardio to give you a complete workout.

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

FLOW YOGA: A music-inspired Vinyasa practice with a focus on breath, strength, flexibility and balance. This class will keep the body flowing to help rejuvenate and relax, providing modifications for all 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.'

GRAVITY PILATES: This class will be taught on the gravity machine in a style similar to a pilates reformer class. It will focus on core strength and stability along with strength conditioning.

RIPPED: Experience this total body workout utilizing resistance and cardio training, combining 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.

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.

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.

INSTRUCTORS

Abby - AM	Annie - AHa	Ashley - AH	Brad - BC	Briana - BBo	Byron - BB	Casey - CS
Chris - CD	Dina - DM	Elizabeth - EM	Erin - EC	Hollie - HG	Holly - HGr	Jamie - JG
Jason - JMc	Jenny - JL	Jenny - JY	Jesse - JB	Joe - JH	Joe - JK	Katie - KP
Kenton - KT	Kimberly - KMc	Lizette - LF	Marilyn - MC	Mary - MH	Mindy - MR	Yousef - YB

WELLNESS PASS OPTIONS

SPRING 2012 PASSES GOOD THROUGH AUG 18, 2012

UNIVERSITY OF IDAHO AFFILIATED

SINGLE PASSES:	\$3 PER VISIT
18-USE PASS:	\$46
36-USE PASS:	\$85
SEMESTER UNLIMITED:	\$120

GENERAL PUBLIC

SINGLE PASSES:	\$3 PER VISIT
SEMESTER UNLIMITED:	\$120

PERSONAL FITNESS CREDIT FOR STUDENTS:

One Personal Fitness Credit: 18-Use pass \$46
Maximum of two credits per semester.