



Wellness Center

Fall 2009 GET-FIT Passport

❖ August 25th – December 18th ❖

(Classes are not held Labor Day (September 7th) or during Fall Break (November 21st-28th))

\$20 – Students/Student Spouse
\$25 - Faculty, Staff, Spouse, Alumni

BENGAL ID REQUIRED – REGISTRATION REQUIRED

CARDIO SCHEDULE

All classes held in Reed Gymnasium Room 208 unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Tone 6:05 – 7:00 AM Tracy N	Cardio Jam 6:05 – 7:00 AM LaChelle	Muscle Pump 6:05 – 7:00 AM Tracy N	Cardio Tone 6:05 – 7:00 AM LaChelle	Step-n-Abs 6:05 – 7:00 AM Tracy N	IC Fitness 8:15 – 9:00 AM Staff
100% Step 12:10 – 12:50 PM Shannon/LaChelle	Boot Camp 12:10 – 12:50 PM Holly	Turbo Kick™ 12:10 – 12:50 PM Shannon	Muscle Pump 12:10 – 12:50 PM LaChelle	Circuits 12:10 – 12:50 PM Shannon/Holly	IC Fitness 10:00 – 10:45 AM Staff
Turbo Kick™ 6:00 – 6:50 PM Erika	Hip Hop 5:10 – 6:00 PM Erika	Cross Training 6:00 – 6:50 PM Erika	Step-N-Abs 5:10 – 6:00 PM Tracy S	IC Fitness 5:10 – 6:00 PM Staff	
Aqua Fitness 5:10 – 5:55 PM Trina POOL		Aqua Fitness 5:10 – 5:55 PM Shelby/Trina POOL			

Purchase a GET-FIT Passport and explore a whole new world of fitness. Your GET-FIT Passport will allow entry into a variety of fitness classes. Combine kickboxing, step, strength training and cross training classes to create a workout routine that meets your lifestyle and helps you reach your fitness goals.

ALL GET-FIT PASSPORT CLASSES ARE ON A FIRST-COME, FIRST-SERVE BASIS. INSTRUCTOR RESERVES THE RIGHT TO LIMIT THE NUMBER OF PARTICIPANTS PER CLASS. PLEASE BRING YOUR BENGAL ID & SEMESTER GETFIT PASSPORT TO ENTER THE CLASS.

- 100% Step:** A cardio workout, combining strong, yet simple movements with a platform for a fast effective workout.
- Boot Camp:** This is an intense class for more intermediate/advanced exercisers. Full body workout that works all muscles doing boot camp style drills such as push ups, jumping jacks, and abdominal exercises
- Cardio Jam:** An incredible combination of floor, step, kickboxing, etc.
- Aqua Fitness:** A great cardio and muscular training workout in the water without the stress on your skeletal system.
- Cardio Tone:** A smooth blend of toning exercises and cardiovascular conditioning
- Cross Training:** A mixture of all class formats - be ready for an invigorating workout!
- IC Fitness:** These classes add excitement and challenge to your regular workout because it's up the instructor (Instructor's Choice, eh?). Class type changes weekly.
- Muscle Pump:** Feel your muscles burn and your body get stronger in this muscle conditioning session.
- Step & Abs:** A combo class to improve your cardio fitness and strengthen your core muscles.
- Turbo Kick™:** It's kickboxing and so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout.



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MIND/BODY FALL '09 SCHEDULE

BENGAL ID REQUIRED – REGISTRATION REQUIRED
YOGA/PILATES MAT REQUIRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates 12:10-12:50 Holly REED #237	Yoga 12:10 – 12:50 PM Barb N. REED #237	Yoga 12:10 – 12:50 PM Holly REED #237	Yoga 12:10 – 12:50 PM Barb N. REED #237	Yoga 12:10 – 12:50 PM Lori REED #236	Yoga 9:00 – 9:50 AM Lori REED #236
Yoga 6:35-7:30 PM Lori REED #236		Pilates 6:35 – 7:30 PM Lori REED #236			

NOTE: ALL MIND/BODY CLASSES ARE ON A FIRST-COME, FIRST-SERVE BASIS. INSTRUCTOR RESERVES THE RIGHT TO LIMIT THE NUMBER OF PARTICIPANTS PER CLASS. PLEASE BRING YOUR BENGAL ID AND SEMESTER GET-FIT PASSPORT TO ENTER THE CLASS.

PILATES: Pilates is a combination of specific exercises and breathing that strengthens and stretches muscles, targeting those in the “core” of the body. Participants enjoy the benefits of improved posture, strength and flexibility that Pilates provides.

YOGA: Our trained instructors provide instruction that draws from several styles of yoga. Classes provide a challenging sequence of yoga postures designed to provide a full mind and body workout for beginning to advanced yoga students.

CAMPUS RECREATION
Idaho State University

Cards are available in the Campus Rec Office!
REC-FIT SPINNING SCHEDULE
(Spinning Studio-Rec Center #113)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 6:30 PM Amanda	5:30 – 6:30 PM Meghan	5:30 – 6:30 PM Greg	5:30 – 6:30 PM Holly		9:00 – 10:00 AM Tonya

SPINNING PUNCH CARD: 10-PUNCH for \$20; 20-PUNCH for \$35