REGISTRATION & PURCHASE OF A GET-FIT PASSPORT IS REQUIRED PRIOR TO CLASS PARTICIPATION. Participants must present CURRENT VALID ISU BENGAID card at the time of registration. Your GET-FIT Passport allows access to the in-person and virtual fitness classes on the schedule below offered through the Wellness Center. You can combine classes to create a workout routine that meets your lifestyle and helps you reach your fitness goals (please see pricing options below).

All GET-FIT Passport classes are on a first-come, first-serve basis. Each class is limited to 14 participants to ensure a minimum of 6-feet social distancing in accordance with COVID-19 protocols. Personal yoga/Pilates/fitness mats are required for class participation, as well as your own water bottle.

FALL 2020 PASSPORT PRICES
You may download the GET-FIT Fall 2020 Registration Form from the GET-FIT webpage to complete and submit with payment.

- **In-person classes + access to virtual classes** (weekly & archives): Students=$30; ISU Community=$55##
- **In-person classes + Saturday live stream yoga**: Students=$15; ISU Community=$27.50##
- **Virtual classes only** (weekly, live stream yoga, & archives): Students=$15; ISU Community=$27.50##
- **Day Pass** (in-person classes only): $5.00

#Virtual classes are recorded by the instructor and posted as a link on the GET-FIT webpage for you to access. ##ISU Community: faculty, staff, alumni; spouses of students, faculty, & staff; & students who pay reduced-fee tuition.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM to 6:50 AM</td>
<td>Step n' Tone LaChelle</td>
<td>Metabolic Burn Tiffany Virtual-recorded</td>
<td>Muscle Pump LaChelle</td>
<td>Metabolic Burn Tiffany Virtual-recorded</td>
<td>Low-Impact Cardio LaChelle</td>
<td>TBD</td>
</tr>
<tr>
<td>12:05 PM to 12:55 PM</td>
<td>Zumba® Erin</td>
<td>Barbell &amp; Sculpt LaChelle</td>
<td>No Class</td>
<td>Muscle Pump LaChelle</td>
<td>Step n' Flex Carol</td>
<td>TBD</td>
</tr>
<tr>
<td>5:05 PM to 5:50 PM</td>
<td>No Class</td>
<td>No Class</td>
<td>Zumba® Erin</td>
<td>No Class</td>
<td>Zumba® Jodi Virtual-recorded</td>
<td>TBD</td>
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</tbody>
</table>

MIND/BODY SCHEDULE*
MIND/BODY classes are held in Reed Gym Room 236, 237, or virtually as indicated below.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<th>Wednesday</th>
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<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:10 PM to 12:55 PM</td>
<td>Nia Sally Room 237</td>
<td>Yoga/Pilates Mix Ann Room 236</td>
<td>Yoga Ashley Virtual-recorded</td>
<td>Soma Flow Yoga Molly Virtual-recorded</td>
<td>Yoga Jesse Virtual-recorded</td>
<td>9 AM Yoga Ann Live Stream</td>
</tr>
<tr>
<td>5:05 PM to 5:50 PM</td>
<td>No Class</td>
<td>No Class</td>
<td>No Class</td>
<td>Pilates + Barre Bunny Virtual-recorded</td>
<td>No Class</td>
<td>TBD</td>
</tr>
</tbody>
</table>

NOTE: Please leave personal belongings (coats, bags, etc.) in a locker to leave more space for class.
*GET-FIT PASSPORT*
Fall Semester 2020 Class Descriptions

PLEASE BRING YOUR FALL 2020 GET-FIT PASSPORT CARD TO ENTER THE IN-PERSON CLASSES.

All GET-FIT Passport classes are on a first-come, first-serve basis. Each class is limited to 14 participants to ensure a minimum of 6-feet social distancing in accordance with COVID-19 protocols.

CARDIO/STRENGTH CLASS DESCRIPTIONS

Barbell & Sculpt promotes developing muscular endurance with muscular definition improvements. Using a variety of equipment, you will work major muscle groups for an endurance-type strength training class.

Low-Impact Cardio offers an cardio class at lower intensity but with all the fun!

Metabolic Burn maximizes your metabolism and fat burning capabilities! This class involves working multiple muscle groups using a variety of equipment, including weights, bands, fitness balls, or your own body weight, with the occasional burst of floor and step cardio.

Muscle Pump is a strength and muscle conditioning class that uses a variety of equipment (bands, barbell, and/or dumbbells) and your own body weight to help you build a stronger body.

Step n’ Flex blends 20-30 minutes of step for a cardio workout followed by 10-15 minutes of stretching for increasing flexibility while your muscles are warm and ready to stretch.

Step n’ Tone mixes step for cardio with toning exercises to work on aerobic capacity and strength all in one class!

Zumba® is a class that is an absolute blast with calorie-burning, body-energizing, and awe-inspiring movements.

MIND/BODY CLASS DESCRIPTIONS

Nia is a mind/body physical conditioning program that uses sensory-based movements that draw from martial arts, dance arts, and healing arts.

Pilates + Barre is a great mix of Pilates standing/mat movements mixed with upbeat and intense Barre-inspired movements for a unique and effective total body workout that will help develop a strong inner core while sculpting long, lean muscles. If you love both Pilates and Barre, this class is a great choice for you and for all fitness levels.

Yoga is offered by our certified instructors who provide instruction that draws from several styles of yoga. The instructors lead participants through a challenging sequence of yoga postures designed to provide a complete mind and body workout for all skill levels.

Yoga/Pilates Mix is a combination of specific exercises and breathing techniques that strengthens and stretches muscles, especially those in the “core” of the body to achieve strength, flexibility, and coordination.