REGISTRATION & PURCHASE OF A GET-FIT PASSPORT IS REQUIRED PRIOR TO CLASS PARTICIPATION.

Participants must present CURRENT VALID ISU BENGAL ID 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).

If you are not fully vaccinated for COVID-19, it is required that you wear a mask/face covering during all in-person GET-FIT classes. You may participate in our in-person classes without a face mask/covering if you are fully vaccinated for COVID-19. Please keep a minimum of 6-feet social distancing between participants in accordance with COVID-19 protocols.

Personal yoga/Pilates/fitness mats are required for class participation, as well as your own water bottle.

SUMMER 2021 PASSPORT PRICES

You may download the GET-FIT Summer 2021 Registration Form from the GET-FIT webpage to complete and submit with payment.

• ISU Student – In-person AND virtual classes (all archived recorded workouts): $30##
• ISU Community* – In-person AND virtual classes (all archived recorded workouts): $55##

*ISU Community: faculty, staff, alumni; spouses of students, faculty, & staff; & students who pay reduced-fee tuition.

##Virtual classes are recorded by the instructor and posted as a link on the GET-FIT webpage for you to access.

###CARDIO/STRENGTH SCHEDULE*

<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>Cardio Tone LaChelle Room 208</td>
<td>Step Mix LaChelle Room 208</td>
<td>Muscle Pump LaChelle Room 208</td>
<td>Metabolic Burn LaChelle Room 208</td>
<td>Lower-Impact Cardio LaChelle Room 208</td>
<td>No Class – Please choose a workout from the archives</td>
</tr>
<tr>
<td>12:05 PM to 12:55 PM</td>
<td>Zumba® Erin Room 208</td>
<td>Barbell &amp; Sculpt LaChelle Room 208</td>
<td>Spinning Laura SRC Room 287*</td>
<td>Muscle Pump LaChelle Room 208</td>
<td>H.I.I.T. Laura Room 208</td>
<td>starting June 11 – no class on June 4</td>
</tr>
<tr>
<td>4:30 PM to 5:15 PM</td>
<td>No Class</td>
<td>No Class</td>
<td>No Class</td>
<td>No Class</td>
<td>No Class</td>
<td>No Class</td>
</tr>
</tbody>
</table>

###MIND/BODY SCHEDULE*

<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>Yoga Ashley</td>
<td>Virtual-recorded – posted from archives</td>
<td>Yoga/Pilates Mix Ann In Person Room 236</td>
<td>12:10-12:55 PM</td>
<td>Nia Sally Virtual-recorded – posted from archives</td>
<td>Soma Flow Yoga Molly Virtual-recorded – posted from archives Pilates + Barre Bunny Virtual-recorded – posted from archives</td>
<td>Yoga Jesse Virtual-recorded posted from archives</td>
</tr>
<tr>
<td>Starting June 5</td>
<td>9 AM</td>
<td>Outside Yoga Ann</td>
<td>Cadet Field</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
*GET-FIT PASSPORT*
Summer Semester 2021 Class Descriptions

PLEASE BRING YOUR SUMMER 2021 GET-FIT PASSPORT CARD TO PARTICIPATE IN THE IN-PERSON CLASSES.
All GET-FIT Passport classes are on a first-come, first-serve basis.

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.
- **Cardio Tone** mixes cardio and toning exercises to work on aerobic capacity and strength all in one class!
- **Lower-Impact Cardio** offers a 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.
- **Spinning** is an indoor cycling class focused on endurance and strength through high-intensity cycling intervals with recovery. **This class is located in Campus Rec room 287. You are required to show your GET-FIT Passport to Campus Rec attendants for access to the classroom. There will be no exceptions, so please remember your Passport.**
- **Step Mix** is a great mix of step and floor aerobics to boost the fun factor!
- **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.
- **Soma Flow Yoga:** An invigorating movement class integrating concepts from yoga as well as a variety of somatic movement practices both on and off the mat.
- **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.