



Spring 2012 EdGE Passport




❖ January 9th – May 5th, 2012 ❖

Classes will not be held on Monday, January 16th (Martin Luther King/Idaho Human Rights Day), February 20th (President's Day) and March 26-30th (Spring Break).

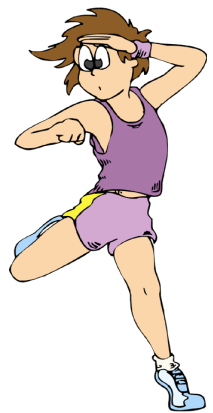
Membership is only \$45.00 per semester

SCHEDULE

All classes held in Reed Gymnasium as noted.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Tone 6:05 – 6:55AM Room 208 Tracy	100% Step 6:05 – 6:55AM Room 208 LaChelle	Muscle Pump 6:05 – 6:55AM Room 208 Tracy	Cardio Tone 6:05 – 6:55AM Room 208 LaChelle	Interval Training 6:05 – 6:55AM Room 208 Tracy	Instructor's Choice 9:00 – 10:00 AM STAFF 
Cardio Tone 4:15 – 4:55 PM Room 106/112 LaChelle	Yoga 4:15 – 4:55 PM Room 106/112 Desiree	Muscle Pump 4:15 – 4:55 PM Room 106/112 LaChelle	R.I.P.E.D. 4:15 – 4:55 PM Room 106/112 Dave		
Aqua Fitness - POOL 5:10 – 5:50 PM Trina		Aqua Fitness - POOL 5:10 – 5:50 PM Shelby			

- 100% Step:** A cardio workout, combining strong, yet simple movements with a platform for a fast effective
- 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.
- Core Strength:** Special attention is given to the “core:” the abdomen, back, buttocks, upper hamstrings, and hip flexors.
- Interval Training:** Interval training provides benefits to any healthy person such as improving fitness, health, speed and stamina using short bursts of high intensity activities throughout the workout.
- Muscle Pump:** Feel your muscles burn and your body get stronger in this muscle conditioning session.
- R.I.P.E.D.:** Total body fitness utilizing resistance, intervals, power, plyometrics, and endurance to help maximize your training time.
- 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.
- Zumba™:** Achieve long-term benefits while experiencing an absolute blast in calorie-burning, body-energizing, awe-inspiring movements.



Idaho State
UNIVERSITY



Group Exercise Training & FITNESS (GET-FIT)
 ISU Wellness Center * Health Education & Promotion Program
 Reed Gym Room 205A, 921 S. 8th, Mail Stop 8109, Pocatello, ID 83209
 208-282-2117; wellness@isu.edu; <http://isu.edu/wellness/GETFIT.shtml>