



# Spring 2012

**Idaho State**  
UNIVERSITY

## GET-FIT Passport

❖ January 9<sup>th</sup>, 2012 through May 5<sup>th</sup>, 2012 ❖


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



Wellness Center

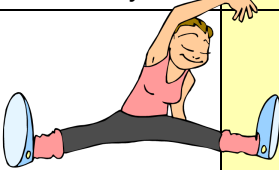
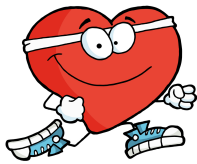
### CARDIO SCHEDULE

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Tone</b> 6:05 – 6:55AM <i>Tracy</i>  <b>Zumba™</b> 12:10 – 12:50 PM <i>LaChelle</i>  <b>Turbo-Kick™</b> 5:10 – 5:50 PM <i>Erika</i>	<b>100% Step</b> 6:05 – 6:55AM <i>LaChelle</i>  <b>Boot Camp</b> 12:10 – 12:50 PM <i>Holly</i>  <b>Hip Hop</b> 5:10 – 5:50 PM <i>Erika</i>	<b>Muscle Pump</b> 6:05 – 6:55AM <i>Tracy</i>  <b>R.I.P.P.E.D.</b> 12:10 – 12:50 PM <i>Holly</i>  <b>Cardio Tone</b> 5:10 – 5:50 PM <i>Sara</i>	<b>Cardio Tone</b> 6:05 – 6:55AM <i>LaChelle</i>  <b>Muscle Pump</b> 12:10 – 12:50 PM <i>McKenzie</i>  <b>Zumba™</b> 5:10 – 5:50 PM <i>LaChelle</i>	<b>Interval Training</b> 6:05 – 6:55AM <i>Tracy</i>  <b>Cardio Tone</b> 12:10 – 12:50 PM <i>Carri</i>	<b>Instructor's Choice</b> 9:00 – 10:00 AM <b>STAFF</b>
<b>Aqua Fitness - POOL</b> 5:10 – 5:50 PM <i>Trina</i>		<b>Aqua Fitness - POOL</b> 5:10 – 5:50 PM <i>Shelby</i>			

### MIND/BODY SCHEDULE

❖ **YOGA/PILATES MAT REQUIRED** ❖

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <b>Core Pilates</b> 12:10-12:50 <i>Holly</i> <b>REED #237</b>  <b>Pilates/Yoga</b> 6:30 – 7:25 PM <i>Lori</i> <b>REED #236</b>	<b>Pilates-Yoga</b> 12:10 – 12:50 PM <i>Carri</i> <b>REED #237</b>  <b>Yoga</b> 5:10-5:55 PM <i>Desiree</i> <b>REED #112</b>	<b>Yoga</b> 12:10 – 12:50 PM <i>Molly</i> <b>REED #237</b>  <b>Pilates/Equipment</b> 5:45 – 6:40 <i>Lori</i> <b>RED HILL Room 103A</b>	<b>Pilates-Yoga</b> 12:10 – 12:50 PM <i>Carri</i> <b>REED #237</b>  <b>Yoga</b> 5:10-5:55 PM <i>Desiree</i> <b>REED #112</b>	<b>Yoga</b> 12:10 – 12:50 PM <i>Lori</i> <b>REED #236</b>	<b>Yoga</b> 9:00 – 10:00 AM <i>Lori</i> <b>REED #236</b>  

**\$20 – Students/Student Spouse**  
**\$25 – Faculty/Staff and Spouses, Alumni**

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



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## GET-FIT Passport



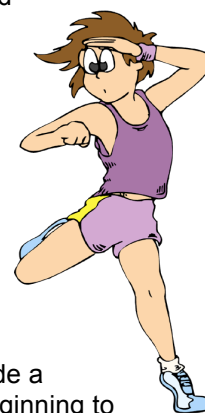
❖ January 9<sup>th</sup>, 2012 through May 5<sup>th</sup>, 2012 ❖ Wellness Center

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**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 WITH ISU STUDENTS/FACULTY/STAFF/ALUMNI HAVING PRECEDENCE OVER COMMUNITY MEMBERS. INSTRUCTOR RESERVES THE RIGHT TO LIMIT THE NUMBER OF PARTICIPANTS PER CLASS. PLEASE BRING YOUR SEMESTER GET-FIT PASSPORT TO ENTER THE CLASS.***

- 100% Step:** A cardio workout, combining strong, yet simple movements with a platform for a fast effective workout.
- Absolutely Abs:** Strengthen your core and define your middle with this great workout.
- Aqua Fitness:** A great cardio and muscular training workout in the water without the stress on your skeletal system.
- Belly Dancing:** An excellent workout to gain strength, flexibility, grace and fun for all body types and fitness levels.
- Boot Camp:** 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 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.
- Hip Hop:** We provide the moves you provide your own funky flare. An aerobic class with dance, funky beats and fun.
- 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.
- 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.
- PIYO:** PiYo is a blend of Pilates, Yoga, stretching and more. The dynamic blend of movement increases strength, balance, and agility while remaining easy on the mind and joints.
- R.I.P.P.E.D.:** Total body fitness utilizing resistance, intervals, power, plyometrics, and endurance to help maximize your training time.
- 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.
- Toning & Conditioning:** Strengthen and tone all muscle groups in the body by using hand-held weights, exercise bands, and other equipment to create great curves and definition.
- 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.



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