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). All GET-FIT Passport classes are on a first-come, first-serve basis. We will follow the ISU COVID-19 protocols for masks/face coverings, which will be updated per CDC Guidelines. For in-depth information and ongoing updates throughout the semester, please visit the Roaring Back website.

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

FALL 2021 PASSPORT PRICES
You may download the GET-FIT Fall 2021 Registration Form from the GET-FIT webpage to complete and submit with payment.
• ISU Student – In-person AND virtual classes# (archived classes available in Google Drive): $30
• ISU Community+ – In-person AND virtual classes# (archived classes available in Google Drive): $55
• Non-ISU Community++ – In-person AND virtual classes# (archived classes available in Google Drive): $80
  #Virtual classes are recorded and are posted as a link on the GET-FIT webpage for you to access from the archives.
  +ISU Community: faculty, staff, alumni (with current ID); spouses of students, faculty, & staff; students who pay reduced-fee tuition; and dual-enrollment students.
  ++Non-ISU Community: anyone who is not affiliated with ISU as a student, employee, or alumni.

*You will be required to show your current GET-FIT Passport to the Campus Rec attendants to access the spinning classroom – no exceptions.

NOTE: Please leave personal belongings (coats, bags, etc.) in a locker to leave more space for class.

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>Strength &amp; Mobility Sarah Room 208</td>
<td>9 AM Cardio/Strength or Yoga (in room 208) OR Yoga, Pilates, or Nia (in room 236 or 237)</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>Step Tabata Carol Room 208</td>
<td>Instructor Rotation 1st Sat. – Sally – Nia (237) 2nd Sat. – LaChelle – cardio/strength (208) 3rd Sat. – TDB – Yoga (TBD) 4th Sat. – Ann – yoga/Pilates (236) 5th Sat. – Ann – yoga/Pilates (236)</td>
</tr>
<tr>
<td>6:00 PM to 6:50 PM</td>
<td>No In-Person Class</td>
<td>No In-Person Class</td>
<td>No In-Person Class</td>
<td>Zumba® Molly Room 208</td>
<td>No In-Person Class</td>
<td></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>
</tr>
</thead>
<tbody>
<tr>
<td>12:10 PM to 12:55 PM</td>
<td>No In-Person Class</td>
<td>Yoga Ann Room 236</td>
<td>No In-Person Class</td>
<td>Nia Sally Room 237</td>
<td>No In-Person Class</td>
</tr>
<tr>
<td>5:05 PM to 5:50 PM</td>
<td>Gentle Yoga Cindy Room 237</td>
<td>Mat Pilates Cindy Room 237</td>
<td>Yoga Jenna Room 208</td>
<td>No In-Person Class</td>
<td>No In-Person Class</td>
</tr>
</tbody>
</table>

++Non-ISU Community: anyone who is not affiliated with ISU as a student, employee, or alumni.

*You will be required to show your current GET-FIT Passport to the Campus Rec attendants to access the spinning classroom – no exceptions.

NOTE: Please leave personal belongings (coats, bags, etc.) in a locker to leave more space for class.

Group Exercise Training & Fitness (GET-FIT)
Idaho State University Wellness Center * Kasiska Division of Health Sciences
208-282-2117; wellness@isu.edu; http://isu.edu/wellness/
*GET-FIT PASSPORT*
Fall Semester 2021 Class Descriptions

PLEASE BRING YOUR FALL 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!
• **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!
• **Step Tabata** blends step for a cardio workout and bursts of Tabata-type high-intensity interval training to promote increased fitness and metabolism.
• **Strength & Mobility** blends resistance training exercises with stretching exercises to promote both strength and flexibility.
• **Zumba®** is a class that is an absolute blast with calorie-burning, body-energizing, and awe-inspiring movements.

MIND/BODY CLASS DESCRIPTIONS

• **Gentle Yoga** offers a combination of Yin yoga, restorative yoga, and deep stretching using props.
• **Mat Pilates** 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. The instructor may use therapy balls, gym sticks, and foam rollers to enhance the participants’ workout.
• **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.