



SUMMER SEMESTER 2022

May 16, 2022, through August 19, 2022

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 per CDC guidelines and the ISU COVID Health Committee 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.

SUMMER 2022 PASSPORT PRICES

You may download the GET-FIT Summer 2022 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.

CARDIO/STRENGTH SCHEDULE – Room 208 unless otherwise indicated					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM to 6:50 AM	Cardio Tone LaChelle	Step Mix LaChelle	Muscle Pump LaChelle	Metabolic Burn LaChelle	Zumba® Molly
12:05 PM to 12:55 PM	Zumba® Erin	Barbell & Sculpt LaChelle	Spinning Laura SRC Room 287*	Muscle Pump LaChelle	Spinning Laura SRC Room 287*
MIND/BODY SCHEDULE – Room 236 or 237					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:10 PM to 12:55 PM	No In-Person Class	Yoga/Pilates Mix Ann Room 236	No In-Person Class	No In-Person Class	Nia Sally Room 237

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

GET-FIT PASSPORT

Summer Semester 2022 Class Descriptions

PLEASE BRING YOUR SUMMER 2022 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!
- **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.
- **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.