NEW! Virtual Personal Training Sessions

Our trainers will design a program tailored to your goals and will virtually coach, cue, and motivate you during your workouts. You can also opt to have your personalized training plan sent to you and can meet virtually with your trainer for check-ins!

The personal training program can help you get on (and stay on) the road to success. Learn how to workout efficiently and effectively from our certified training staff. Our personal training staff all have completed a semester long ACE certification course, and have the knowledge and expertise to help you:

- An individualized fitness program designed for you
- An efficient workout program
- Provide accountability, structure, and motivation
- Innovative ways to improve your health
- Professional assistance in improving strength, flexibility, stability, endurance, posture, balance, coordination, and cardiovascular health
- Most affordable in the Cedar Valley

Scan this QR code to view personal training package offerings, cost information, and more on our website.

PERSONAL TRAINING

This instructor course is offered to students who are interested in becoming a personal trainer at the Wellness/Recreation Center. This ten-week, intensive class covers exercise physiology, anatomy, biomechanics, hands-on practical training, exercise programming, motivation, and coaching techniques. Must commit to two semesters after completing the training program to personal train at UNI Recreation Services.

Fee: $150
Informational meeting: Friday, February 12th, 3pm–4pm, WRC 155
Training: Monday’s and Wednesday’s, February 15th – April 23rd, 3pm–4pm, and Friday’s 3pm–4:30pm, WRC 155

GROUP FITNESS INSTRUCTOR

This course is designed to provide theoretical knowledge and practical skills in group fitness instruction. Topics include guidelines for instructing safe, effective, exercise, the principles of motivation and communication for adherence in the group fitness setting. Practical training will cover kickboxing, cycling, interval training, strength based classes. Must commit to two semesters after completing the training program to teach at UNI Recreation Services.

Fee: $120
Informational meeting: Friday, February 12th, 3pm, WRC 104
Training: Meets on Friday’s, February 12th – April 30th, 2pm–4:30pm, WRC 85

YOGA INSTRUCTOR

This informative workshop gives you the tools to teach vinyasa yoga classes. Manual with over 70 pose breakdowns, physical execution, practical training and safety techniques. Complete this course for an opportunity to teach at UNI.

Fee: $200
Training: Saturday, March 13th, 9am – 4pm, and Sunday, March 14th, 9am – 1pm, WRC 85

Questions? Contact me!
Dana Foster,
Fitness Coordinator
(319) 273-5859
dana.foster@uni.edu
Cross-Training

NEW!

- **UNI Cross Training**
  - 50 mins.
  - 12:10pm, MVF, PPC (WRC 87)
  - 4:10pm, TTH, PPC (WRC 87)
  - 6:10am, WRC 85
  - 7:00pm, WRC 176
- **Cardio Blast**
  - 50 mins.
  - 6:10pm, TTH, PPC (WRC 87)
  - 4:10pm, TTH, PPC (WRC 87)
  - 6:10am, WRC 85
  - 7:00pm, WRC 176
- **Tabata**
  - 50 mins.
  - 6:10pm, TTH, PPC (WRC 87)
  - 4:10pm, TTH, PPC (WRC 87)
  - 6:10am, WRC 85
  - 7:00pm, WRC 176
- **Cycle Circuit**
  - 50 mins.
  - 6:10pm, MVF, PPC (WRC 87)
  - 4:10pm, TTH, PPC (WRC 87)
  - 6:10am, WRC 85
  - 7:00pm, WRC 176
- **Cycle Blast**
  - 50 mins.
  - 6:10pm, MVF, PPC (WRC 87)
  - 4:10pm, TTH, PPC (WRC 87)
  - 6:10am, WRC 85
  - 7:00pm, WRC 176
- **Butts & Guts**
  - 30 mins.
  - 6:10pm, TTH, MVF, WRC 87
  - Virtual option available
  - Build strength, add definition, increase bone density, and decrease body fat by using a variety of equipment!

**NEW!**
- **Tabata Strength**
  - 30 mins.
  - 6:10pm, MVF, PPC (WRC 87)
  - Tabata training works in short intervals of all out work followed by short periods of active rest. Take basic moves, make them bigger, faster and stronger using your body weight and a variety of fitness equipment.

**Happy Hour**
- **Cycling**
  - 30 mins.
  - 3:30pm, WRC 176

**NEW!**
- **Senior Strong**
  - 40 mins.
  - 12:10pm, TTH, PPC (WRC 87)
  - A class full of beginners of all ages to gain strength and improve their overall fitness.
  - The instructor will provide options and modifications to fit your individual needs by using dumbbells, bands, and much more equipment. Come build your confidence, enhance your strength and have fun!

**NEW!**
- **Yoga Synergy**
  - 30 mins.
  - 12:10pm, TTH, PPC (WRC 87)
  - Virtual option available

OUTDOOR CYCLING
- Cost: FREE
- Tuesdays at 4:10pm. Outside the West Gym

**Questions?**
- Contact me! Dana Foster
  - Fitness Coordinator
  - 319.273.5853
dana.foster@uni.edu
  - Recreation.uni.edu/fitness

**NEW VIRTUAL FITNESS**

**Virtual Personal Training**
- Personal training is back with virtual offerings! Programs are tailored to meet your fitness goals and our trainers will coach, cue, and motivate you all online. Get registered today to Zoom live with a certified personal trainer.

Cost: View package offerings at our website

**Virtual Group Fitness Classes**
- Group fitness is back with new and improved virtual offerings! Partnering with other universities to bring fitness to your home, the opportunities for free fitness are limitless.

Cost: Free, view class offerings at our website