MOTIVATE

NEW! FIT CLASS PASS

Pay one fee and attend any class (excluding TRX, Tai Chi, and Fit Club). Each room has a maximum limit of 20-25 participants; first come, first served. Please bring a towel and clean, non-marking shoes. Pay by U-Bill, payroll deduct, credit card, or cash. Classes with low attendance after September 11 may be cancelled. No refunds.

Section 1.

STRENGTH, and 30 minutes of CORE. Various equipment is used to ensure a great workout!

Kickboxing x2
45 mins.
4:30pm, MW, WRC 87
5:10pm, TTH, WRC 87
6:30pm, MW, WRC 87
7:30pm, MW, WRC 87
Kickboxing x2 is an addictive workout combining shadow boxing, kickboxing, sports drills, and sparring in a party atmosphere. This is an interval-based workout that will give you both cardio conditioning and full body toning! For all levels, this class is fun, exciting, and empowering.

Cycle Blast
50 mins.
6:30am, MW, WRC 85
12:05pm, TTH, WRC 85
4:10pm, MW, WRC 85
Experience a ride full of hills, sprints, and endurance intervals with energizing music and a motivating instructor. Cycle Blast will enhance your strength, stamina, and improve your overall physical health regardless of your fitness level! Towel and water bottle required.

Cycle and Core
80 mins.
4:05pm, TTH, WRC 85
6:05pm, TTH, WRC 85
Thirty minutes of cycling and thirty minutes of core training. Use a variety of equipment for toning to ensure a challenging, never boring, get-lean workout. Instructor will utilize TRX bands, Bosu balls, stability balls, and more. It’s functional training at its best!

Cycle Yoga Fusion
75 mins.
5:15pm, MW, WRC 85
9pm, TTH, WRC 85
Get the best of both worlds with core yoga and yoga meditation in one class. The high energy of cycling and relaxation of yoga give your body and mind the whole wellness package. Towel and water bottle required.

Cycle Yoga Fusion
75 mins.
5:15pm, MW, WRC 85
9pm, TTH, WRC 85
Get the best of both worlds with core yoga and yoga meditation in one class. The high energy of cycling and relaxation of yoga give your body and mind the whole wellness package. Towel and water bottle required.

Discover the total body fusion of Kickboxing, Kettlebell training and Core strengthening to test your full body in a different way than your traditional fitness class. It’s new, innovative, and just plain FUN!

30/30/30
30 mins.
7:10pm, TTH, WRC 86
An effective combination of cardio, strength, and core exercises for a TOTAL body workout. Every muscle is engaged through 30 minutes of CARDIO, 30 minutes of STRENGTH, and 30 minutes of CORE. Various equipment is used to ensure a great workout!

FAC Friday
(Fitness After Class)
45 mins.
3:15pm, F, WRC 85
It’s time to find the WRC on Fridays. End your busy week or start your weekend with friends at the WRC instead of at the Hill. It’s a healthier option for your Friday afternoons, and you will feel better for it! Workout options will vary each week, offering a variety of classes including cycling, kickboxing, yoga, pilates and cardio HIT. See website for weekly schedule.

3:30 pm, MW, WRC 85
4:30 pm, TTH, WRC 85
30 mins.
This is a great calorie-burning, cardiovascular workout with the added bonus of moving in water and having low impact on joints.

Ab and Core Section
50 mins.
9 a.m., MW
Lap Pool
This great cardiovascular workout suspends you in the water with the support of an aqua jogging belt. Develop your core strength while performing exercises such as jogging, skipping, and scissors. Use equipment to create resistance to work your every muscle. This class is for anyone who is comfortable in deeper water.

Aqua Zumba
50 mins.
5:45 p.m., MW
Leisure Pool
Add spice to your regular water workout by diving into Aqua Zumba! This class combines energizing music with unique moves and combos. It’s a complete workout without high impact on your joints.

Zumba®
50 mins.
4:50 pm, MW, WRC 85
Enjoy Zumba® movements, rhythm, and coordination while toning arms, core, and lower body. Lightweight Zumba® toning sticks give your muscles a good challenge while you enjoy the music and energy of each class.

Zumba® Tone
45 mins.
9pm, MW, WRC 85
This AB-solutely fabulous workout suspends you in the water with the support of an aqua jogging belt. Develop your core strength while performing exercises such as jogging, skipping, and scissors. Use equipment to create resistance to work your every muscle. This class is for anyone who is comfortable in deeper water.

Zumba® Abs
30 mins.
1:30 pm, MW, WRC 85
This class is a great calorie-burning, cardiovascular workout with the added bonus of moving in water and having low impact on joints.

Deep Water Cardio Circuit
50 mins.
9 a.m., MW
Lap Pool
This great cardiovascular workout suspends you in the water with the support of an aqua jogging belt. Develop your core strength while performing exercises such as jogging, skipping, and scissors. Use equipment to create resistance to work your every muscle. This class is for anyone who is comfortable in deeper water.

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Towel and water bottle required.

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Wild Card Wednesday
75 mins.
3:30 pm, W, WRC 87
Tired of your same routine, the same workout, and the same results? Take a chance with a variety of instructors and workout formats each week. Gamble with Wild Card Wednesday and be ready for a fun 75-minute full-body workout. Bring a towel and water.

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Hydro-Fit
50 mins.
12:05 p.m., MWF
Leisure Pool
This class is a great calorie-burning, cardiovascular workout with the added bonus of moving in water and having low impact on joints.

Abs, Core, and More
30 mins.
3:10pm, MW, WRC 85
4:30 pm, TTH, WRC 85
This strength and toning class will focus on your best asset. Shape and sculpt your body, combining exercises targeting the hips, glutes, and inner/outer thighs to give you buns of steel.

Booty Call
50 mins.
5:45 pm, MW, WRC 85
This class is a great calorie-burning, cardiovascular workout with the added bonus of moving in water and having low impact on joints.

Deepest Water
Cardio Circuit
50 mins.
9 a.m., MW
Lap Pool
This great cardiovascular workout suspends you in the water with the support of an aqua jogging belt. Develop your core strength while performing exercises such as jogging, skipping, and scissors. Use equipment to create resistance to work your every muscle. This class is for anyone who is comfortable in deeper water.

Student
$50
Employee
$60
Alumni/Affiliate
$70
Total Sculpt and Tone
50 mins.
12:05 pm, TTH, WRC 176
Use weights, bands, bars, stability balls, medicine balls, and the body’s own resistance. Shape up your core and redefine your muscles.

TRX
(Total Body Resistance)
50 mins.
Price Per Session
Students: $25
Employees: $35
Affiliates $45

7-Week Sessions
Session One
Aug. 31 – Nov. 13
Session Two
Oct. 19 – Dec. 11
Session One
Section 1
6:30 am, TTH, Dome
Section 2
12:05 pm, MW, Dome
Section 3
12:05 pm, F, Dome
(only $10.00 per session)
Section 4
9 pm, MW, Dome
Section Two
Section 5
6:30 am, TTH, Dome
Section 6
12:05 pm, MW, Dome
Section 7
12:05 pm, F, Dome
(only $10.00 per session)
Section 8
9 pm, MW, Dome

TRX Suspension Training uses a suspension trainer to leverage gravity and body weight to create exercises that can be scaled to reach any fitness or training goal. TRX develops strength, power, endurance, balance, flexibility, and core stability. Regardless of your fitness level, TRX suspension training meets you where you are and takes you where you want to go. Vote best strength training class!

Tai Chi
50 mins.
Beginning Level
5:15 pm, TTH, WRC 176
Session 1: Section 2
Sept. 1 - Oct. 15
$50
Session 2: Section 3
Oct. 20 - Dec. 10
$50
Intermediate Level
Section 4
6:15pm, TTH, WRC 176
Aug. 31 - Nov. 13
$80
*Prerequisite: Some knowledge of 24 forms Yang Style.

Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and joint pain relief. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements. It is a low-impact exercise that emphasizes balance, grace, and flexibility.

Yoga Synergy
50 mins.
12:05pm, MWF, WRC 176
5:30pm, MW, WRC 87
8pm, TTH, WRC 87
3:30pm, TTH, WRC 176
A deep, restorative approach to the practice of yoga. This class offers strengthening, flowing poses linked to your breathing to release stress and tension throughout the entire body, leaving you feeling more energized and serene.

Yoga Complete
75 mins.
8:30pm, W, WRC 176
This class complements your regular yoga practice by adding more time to push your strength and flexibility to new heights through dynamic flow, static holds, and core conditioning. The session ends by inviting your mind to relax and unwind through a deep stretch.

Pilates Perfect
30 mins.
12:15pm, MW, WRC 87
6:10pm, MW, WRC 176
7:30pm, MW, WRC 85
This class will give you a quick effective core workout that tightens your abs, butt, and arms AND leaves you feeling stretched and relaxed. A perfect way to spend your lunch time or end your day!

Power Pilates
50 mins.
5:10pm, TTH, WRC 85
Discover your body in a whole new way. Using a variety of equipment, the instructor will coach you through a complete core workout that will strengthen, stretch and tighten the abdominal, butt, arms, and back. Feel the burn but enjoy the stress-free environment.

Fit Club UNI
Section 13
Oct. 5 - Dec. 4
Price: $8
Become an instant member of the Fit Club and receive a t-shirt. Take fitness classes and earn points to be a Gold, Silver or Bronze level member. After 8 weeks of fitness classes, receive incentives and prizes for the points you accumulated. The top 10 gold level members win a free Fit Pass for the spring semester. Remaining gold members and all silver and bronze winners will receive variable prizes. It’s easy—register online, check in at your classes, and win!

Aquatic Instructor Certification
Fee: $75 / Section 9
Learn to teach group aquatic exercise classes. Learn shallow and deep water formats and strength training in the water. Lifeguard certification required as well as two semesters of teaching at UNI WRC after completion of the course. Participants must be current UNI students and commit to teaching at least three semesters after training is complete.

RECREATION SERVICES
BECOME A FITNESS INSTRUCTOR
Instructor training is offered here! During the fall and spring semesters, our Recreation Services department offers the following instructor certifications. Take your passion for fitness one more step and become an instructor!

Land Aerobics Instructor Certification
Sept. 11 - Dec. 4, 2pm - 3pm, WRC 87 / Fee: $120 / Section 14
Learn how to lead a kickboxing, interval training, boot camp, strength conditioning, and TRX strength training group exercise class. Participants must be current UNI students and commit to teaching at least three semesters after training is complete.

Aquatic Instructor Certification
Fee: $80 / Section 15
Learn to teach group aquatic exercise classes. Learn shallow and deep water formats and strength training in the water. Lifeguard certification required as well as two semesters of teaching at UNI WRC after completion of the course. Participants must be current UNI students and commit to teaching at least three semesters after training is complete. For more information, contact dana.foster@uni.edu.

Yoga Instructor Certification
Oct. 10, 10am - 5pm, and Oct. 11, 11am - 4pm, WRC 87 / Fee: $150 / Section 16
This informative workshop gives you the tools to create vinyasa yoga classes. The training includes physical execution, pose breakdowns, transitions, and leadership skills with emphasis on effectiveness and safety. If you are interested in teaching yoga, this training is a good place to start. Certification awarded upon successful completion. Open to the public.

Indoor Cycling Instructor Certification
Oct. 3, 9am - 4pm, WRC 85 / Fee: $80 / Section 17
You will learn how to design a class format, instructor cueing, proper set up, and safety precaution on the bikes. You will also practice interval training, jumps, hills, sprints, and use of music to motivate. Open to the public.

Mat Pilates Instructor Certification
Fee: $150 / Section 18
Learn to teach the basic mat principles, proper alignment, execution, and breathing for the major Pilates moves. Learn coaching skills, cueing, planning, and implementing a quality group exercise class. Learn to integrate a foam roller, magic circles, and fitness ball with your favorite moves. Open to the public. For more information, contact dana.foster@uni.edu.

Kickboxing Instructor Certification
Oct. 24, 9am - 4pm / Fee: $80 / Section 19
Learn to teach the basic punches and kicks, shadow boxing, sparring, ring movements, and footwork. Workshop will cover muscle involvement, planning, cueing, proper music, terminology, and breakdown of the moves. Instructors will take you through various class formats using proper equipment. Open to the public. Class limited to 14.

Personal Trainer Certification
Informational meeting Sept. 9, 3pm, WRC 155
Training: Sept. 9 - Nov. 6 / Fee: $150 / Section 20
This eight-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 the WRS.