HIRE A PERSONAL TRAINER

BECOME CERTIFIED

PERSONAL TRAINING SESSIONS
UNI certified personal trainers can coach you in all your fitness goals. If you are looking for motivation, accountability, losing weight, or sport and competition training, we have the trainers for you! Our personal training staff all have completed a semester long ACE certification course, and have the knowledge and expertise to help you:

- Provide accountability, structure, and motivation
- Professional assistance in improving strength, endurance, and functional fitness
- Most affordable in the Cedar Valley

Fill out an intake form for a FREE consultation to get started at recreation.uni.edu/personal-training.

GET HIRED!

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, September 10th, 3pm – 4pm, WRC 155
Training: Mondays, Wednesdays, and Fridays, September 13th – November 19th, 3pm – 4pm, 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, September 10th, 2pm, WRC 104
Training: Meets on Friday’s, September 17th – December 3rd, 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, October 16th, 9am – 4pm, and Sunday, October 17th, 9am – 1pm, WRC 85

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

FITNESS SERVICES
FALL 2021

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

Provide accountability, structure, and motivation
Professional assistance in improving strength, endurance, and functional fitness
Most affordable in the Cedar Valley

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GROUP FITNESS

FIT CLASS PASS

- Pay one fee and attend any class(es) for a whole semester. Not sure what the best fit is for you? Don’t sweat it – just sign up for Free Week: August 30th – September 4th!
- Bring a friend, try something new, and find your favorite classes before registering for a Fit Class Pass.
- Pay by credit card, cash or check in WRC 101 or online at recreation.univa.edu/fitness. No refunds.
- Registration for a Fit Class Pass opens online beginning August 16th, and in the main office August 23rd.
- Classes will run from August 30th to December 10th.
- No classes will be held September 6th (Labor Day) or November 22nd–26th (Thanksgiving Break).

Scan this QR code to register for a Fit Class Pass, virtual offerings, and more on our website.

FITNESS CLASSES INCLUDED IN THE FIT CLASS PASS

Cross-Training
- Burn Bootcamp 50 mins.
- 4:10pm, Tue / Thurs, PPC
- Challenge your strength, power, agility and cardiovascular abilities through high-intensity functional training. This class will involve weightlifting, running, pushing, pulling, flip the tire and more!
- 4-Week Challenge 60 mins.
- Mon / Wed, PPC 25$ per challenge

2 separate challenges
- August 30th – September 24th
- September 27th – October 22nd
- October 25th – November 19th
- Join our 4-Week Fitness Challenge and get the chance to work with our certified personal trainers and group fitness instructors! Each day they will work with you to achieve your individual goals in a small group training session through a combination of lifting, cardio, and circuit training. "Feel or just understand the benefits of weight training and exercise is recommended.

Cardio
- Bachelorette Ride 75 mins.
- 7:00pm, Tuesday, WRC 85
- Starting October 18th
- This dynamic and explosive class incorporates cycling techniques with jump roping, running, push-ups, and core conditioning. Don’t settle for a flat body, get a fitter body!
- Cardio HIT 75 mins.
- 6:10am, Mon / Wed / Fri, WRC 85
- 6:30pm, Tues / Thu, WRC 85
- This high-intensity class is a maximum amount of effort the instructor will lead you into in a short period of time, making sure to intensify and harder when you’re involved.

Strength
- Ab Lab 30 mins.
- 6:10am, Mon / Wed / Fri, PPC
- Looking to tighten your core and burn those calories? This 30-minute class will push you to strengthen your core and improve your form in all for the end.

Strength & Cardio
- Butts & Guts 30 mins.
- 6:10am, Mon / Wed / Fri, WRC 85
- 6:45pm, Tues / Thu, WRC 85
- *Virtual class option
- This class incorporates cycling and HIIT (High Intensity Training) that will burn calories and fat in a short period of time, making you feel intense and harder when you’re involved.

Yoga
- Yoga Flow 60 mins.
- 7:00am, Mon / Wed / Fri, WRC 85
- 6:15pm, Tues / Thu, WRC 85
- 6:30pm, Wed / Fri, WRC 85
- A regular yoga practice will help transform your mind, body, and soul. Ultimately, you will find your inner calmness, peace, and love for yoga!

Yoga Synergy
- 12:00pm, Mon / Wed / Fri, WRC 85
- 12:00pm, Tues / Thu, WRC 85
- 12:00pm, Wed / Fri, WRC 85

Cardio
- Cardio HIT 30 mins.
- 6:10pm, Mon / Wed / Fri, PPC
- This high-intensity class is a maximum amount of effort the instructor will lead you into in a short period of time, making you feel intense and harder when you’re involved.

Endurance
- Cycle Spin 60 mins.
- 6:10pm, Mon / Wed / Fri, WRC 85
- 6:30pm, Tues / Thu, WRC 85
- Looking for an epic cardio challenge? The instructor will pedal you through high intensity, tough sprints, and many other drills. Join us for an excellent workout and great challenges.

Cycle Sprint 30 mins.
- 5:30pm, Mon / Wed / Fri, WRC 85
- Looking for a quick, effective, cardio burn? Our Cycle Sprint class is the class for you! The 30-minute HIIT style cycle ride will crank up your heart rate and make your legs burn simultaneously. This class is incorporated into cycling and HIIT that will burn calories and fat in a short period of time, making you feel intense and harder when you’re involved.

Burn Bootcamp 50 mins.
- 4:10pm, Mon / Wed / Fri, PPC
- 6:00am, Mon / Wed / Fri, WRC 85
- Looking for a quick, effective, cardio burn? Our Burn Bootcamp class is the class for you! The 50-minute HIIT style cycle ride will crank up your heart rate and make your legs burn simultaneously. This class is incorporated into cycling and HIIT that will burn calories and fat in a short period of time, making you feel intense and harder when you’re involved.

Ab Lab 30 mins.
- 5:30pm, Mon / Wed / Fri, PPC
- 6:00am, Mon / Wed / Fri, WRC 85
- A regular yoga practice will help transform your mind, body, and soul. Ultimately, you will find your inner calmness, peace, and love for yoga.

Butts & Guts 30 mins.
- 6:10pm, Mon / Wed / Fri, PPC
- 6:45pm, Tues / Thu, WRC 85
- *Virtual class option
- This class incorporates cycling and HIIT (High Intensity Training) that will burn calories and fat in a short period of time, making you feel intense and harder when you’re involved.

Yoga Flow 60 mins.
- 7:00am, Mon / Wed / Fri, WRC 85
- 7:30am, Mon / Wed / Fri, WRC 85
- 8:00am, Mon / Wed / Fri, WRC 85
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Cardio
- Cardio HIIT 30 mins.
- 6:10pm, Mon / Wed / Fri, PPC
- This high-intensity class is a maximum amount of effort the instructor will lead you into in a short period of time, making you feel intense and harder when you’re involved.

Cardio Spin 60 mins.
- 6:10pm, Mon / Wed / Fri, WRC 85
- 6:30pm, Tues / Thu, WRC 85
- Looking for an epic cardio challenge? The instructor will pedal you through high intensity, tough sprints, and many other drills. Join us for an excellent workout and great challenges.

Virtual Personal Training
- Powerlifting Competition Cost: $25
- December 5th, 7pm, Uni RWC, Strength & Conditioning Center in the Nelson Food House
- Register today to Zoom live with a certified personal trainer.

Special Event
- Happy Hour Cycling 4:10pm
- October 15th – December 10th
- Hope you find inner calmness and peace, and love for yoga! Love and enjoy your yoga!

VIRTUAL FITNESS

- Virtual Personal Training
- Powerlifting Competition Cost: $25
- December 5th, 7pm, Uni RWC, Strength & Conditioning Center in the Nelson Food House
- Register today to Zoom live with a certified personal trainer.

Contact Dana Foster, Fitness Coordinator (319) 273-5859 or dfoster@uni.edu/recreation.univa.edu/fitness