# 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 – join us for Free Week: January 24th – January 28th!
- 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 by credit card at recreation.uni.edu/fitness. No refunds.
- Registration for a Fit Class Pass opens online beginning January 19th, and in the main office January 20th.
- Classes requiring a Fit Class Pass will run from January 31st – May 6th.
- No classes will be held March 14th – 18th (Spring 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

**4-Week Challenge**
- 60 mins.
- 7:00am, Mon – Thurs, PPC
- $25 per challenge

**2 separate challenges**:
- **Back to School Challenge**: January 31st – February 24th
- **4-Week Challenge**: March 21st – April 14th

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. *Past or prior understanding of weight training and exercise is recommended.*

**Shred Challenges**
- 60 mins.
- 7:00am, Mon – Thurs, PPC
- $15 per challenge

**2 separate challenges**:
- **Spring Break Shred**: February 28th – March 10th
- **Summer Shred**: April 18th – April 28th

This two-week fitness challenge will kickstart your fitness going into Spring Break and/or Summer. Join our group fitness instructors and personal trainers for two cardio days and two strength days per week. We’ll give you all the tools you need to get spring break & summer ready!

### Cardio

- **Fighter Body**
  - 50 mins.
  - 6:10am, Tues / Thurs, WRC 176
- **Cycle Spin**
  - 50 mins.
  - 4:10pm, Mon / Wed, WRC 85

  Looking for an epic cardio challenge? The instructor will peddle you through high climbs, tough sprints, and many other drills. Join us for an excellent workout and great challenge!

- **Cardio HIIT**
  - 50 mins.
  - 6:30am, Mon / Wed / Fri, WRC 176
- **Cycle Circuit**
  - 50 mins.
  - 6:30am, Mon / Wed / Fri, WRC 85

### Cycling

- **H2O Fit**
  - 50 mins.
  - 12:00pm, Mon / Wed / Fri, Leisure Pool

  This invigorating class improves your cardio endurance and muscular strength using the buoyancy and resistance of the water.

### Water

### Strength

- **Ab Lab**
  - 30 mins.
  - 12:00pm, Mon / Wed, WRC 85

  Looking to tighten your core and burn out those abs? This 30-minute class will push you to strengthen your core and improve your form in all things abs.

- **Butts & Guts**
  - 30 mins.
  - 4:10pm, Tues / Thurs, WRC 85

  A super thorough, super effective, lower body solution. If you’re looking to slim your hips, tighten your thighs, tone your butt and engage your abs this class is it. The instructor will lead you through a great mix of exercises, effectively sequenced - to keep the fat burning and muscles screaming.

## FIT CLASS PASS PRICES

- **Student**: $35
- **Employees**: $45
- **Alumni / Affiliates**: $55
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**SPECIALTY EVENTS**

**POWERLIFTING COMPETITION**

Sunday, April 24th, 2022, 1:00pm  
UNI ROTC Strength & Conditioning Center in the Nielsen Field House  
Cost: $25

Register to compete in the Annual Powerlifting Competition! This event is open to all UNI students, faculty, staff, and the Cedar Valley community. Great for the beginner weight lifter who is learning about competitions, with lots of prizes available! It will include max lifts for squat, bench press, and deadlift. Weight classes TBD based on registrants.

For rules and registration for the competition, visit our website by scanning the QR code.
PERSONAL TRAINING PROGRAM
UNI certified personal trainers can help you reach all your fitness goals. Whether you are looking to lose weight, gain muscle, or just feel better, our trainers can provide you with the structure and motivation needed to reach those goals. All of our trainers complete a semester-long ACE certification course that covers everything from anatomy and physiology to exercise programming and motivation.

Who is it for?
- UNI students, faculty/staff, alumni, or dependant family member of any age or fitness level
- People who need programs tailored toward their specific needs and goals
- Individuals who desire accountability, positive feedback, and motivation

What does it cost?
Select from several packages based on your available time, needs, and goals. Packages range from 6 – 20 sessions (30 – 60 minutes) and are the most affordable in the Cedar Valley. See our website for more details and to fill out an intake form for a FREE consultation at recreation.uni.edu/personal-training.

How do I get started?
Email Nolan Meyer at meyernah@uni.edu or visit our website at recreation.uni.edu/personal-training.

BECOME CERTIFIED
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.

Fee: $150
Informational Meeting: Friday, February 11th, 3pm, WRC 155
Training: Mondays, Wednesdays, and Fridays, February 14th – April 22nd, 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, and effective exercise, the principles of motivation and communication in the group fitness setting. Practical training will cover kickboxing, cycling, interval training, and strength based classes.

Fee: $120
Informational Meeting: Friday, February 11th, 2pm, WRC 104
Training: Meets on Mondays, February 14th – April 25th, 2pm – 4:30pm, WRC 85

CONTACT US
WRC Office 104
unifitness.wrs@gmail.com