by UNI Personal Trainers who will use their knowledge and expertise to get you motivated to achieve your health and wellness goals. Combine this with a variety of exercise techniques, from TRX training to cardiovascular programming, and we can steer you on the right path to success!

What is personal training?
Personal training is a result-driven exercise program designed specifically for you. Certified personal trainers will assist you in goal setting, tailored workouts, equipment use, motivation techniques, and exercise adherence! Fitness assessments are also available and can be purchased independently or together with personal training sessions.

Who is it for?
• Individuals of any age (18 and older) 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 include 6 to 40 sessions, each meeting from 30–60 minutes. See our website for more information.

How do I get started?
Email dana.foster@uni.edu, call (319) 273-5859, or visit our website.

NEW! Have a friend or spouse that you would like to workout with? UNI personal training now offers small group training with group sizes ranging from 2-4 participants. Get the hands on coaching of our certified personal trainers at a reduced rate with small group training!

Get Trained!
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.

Student Fee: $120, Public Fee: $150
Informational meeting: Friday January 24th, 2pm, WRC 104
Training: Meets on Friday’s, January 31st – April 24th, 2pm-4:30pm, WRC 85
For more information: Contact Dana Foster, dana.foster@uni.edu

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.

Fee: $175
Informational meeting: Friday January 24th, 2pm, WRC 104
Training: Saturday, February 22nd, 9am–4pm, and Sunday, February 23rd, 9am–2pm, WRC 85
For more information: Contact Dana Foster, dana.foster@uni.edu

AQUATIC FITNESS INSTRUCTOR
Learn to teach group aquatic exercise classes. If you love the water, have good people skills, lots of energy and enjoy all the benefits of exercise, this certification gives you a great part time job while having fun too. Must be a current UNI student.

Fee: $75
Informational meeting: Friday January 24th, 2pm, WRC 104
Training: TBD and based on individual schedule
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Questions? Contact me!
Dana Foster,
Fitness Coordinator
(319) 273-5859
dana.foster@uni.edu

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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.

Student Fee: $150, Public Fee: $175
Informational meeting: Wednesday January 22nd, 3pm–4pm, WRC 155
Training: Monday’s and Wednesday’s, January 27–April 24, 3pm–4pm, and Friday’s 3pm–4:30pm, WRC 155
For more information: Contact Alex Long at longsai@uni.edu

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Student Fee: $150, Public Fee: $175
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## POLAR HEART MONITORS

Let’s get techno with our new heart rate monitors in all cycling classes. Polar monitors are optional but easy to use as the instructor coaches you to reach your personal potential for heart rate training, recovery and motivation to keep going! Download the Polarclub app on your phone, set goals, and get visual feedback of your intensity.

### CROSS-TRAINING

**NEW! Functional Training FX**

- Cardiocore®: 5:00pm, MWF, WRC 85; 2:45pm, TTH, WRC 87.
- Zumba®: 7:00pm, MWF, WRC 176; 12:10pm, TTH, WRC 176.

### WEEKLY SCHEDULE

**Monday**
- **Cardio** HIIT: WRC 716
- **Cycle Blast**: WRC 176
- **Hydro-Fit**: 12:00pm, MWF, Leisure Pool
- **Cycle Circuit**: 3:45pm

**Tuesday**
- **Cardio** HIIT: WRC 716
- **Cycle Blast**: WRC 176
- **Hydro-Fit**: Leisure Pool
- **Cycle Circuit**: 3:45pm

**Wednesday**
- **Cardio** HIIT: WRC 716
- **Cycle Blast**: WRC 176
- **Cycle Circuit**: 3:45pm

**Thursday**
- **Cardio** HIIT: WRC 716
- **Cycle Blast**: WRC 176

**Friday**
- **Hydro-Fit** Pool
- **Cycle Circuit**: 3:45pm

**Weekend**
- **Cycle Blast**: WRC 176

### QUESTIONS?

Contact the **Fitness Coordinator**
- Contact email: Dana Foster
- Fitness Coordinator: dana.foster@but.edu
- Recreation: but.edu/fitness/classes

### FIT CLASS PASS

Classes begin January 15-23 with FREE WEEK! Visit the website for class offerings. Bring a friend, try something NEW and then register for the Fit Class Pass! Pay one fee and attend any class. Pay by cash or credit card in WRC 101 or online. No refunds. No classes: Jan. 20 (Martin Luther King Jr. Day), March 23-28 (Spring Break)

### Free Week: January 11-23

**NEW THIS SEMESTER**

Coming January 20, 2020—open 40+ hours a week! Test of the same workout equipment? Try us out! Take us over! WRC 85, the newly-remodeled design of the new training room optimizes open training space, promotes High-Intensity Interval Training workouts, and allows fitness enthusiasts to perform Olympic weightlifting movements.

New training equipment including: 1/2 mat and 1/2 turf flooring, sleds, sledgehammers, tumper plates, & more!