**SPRING GROUP FITNESS SCHEDULE**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Power Hour</strong> with Jake</td>
<td><strong>Techniques and Conditioning for Climbing</strong> with Ben</td>
<td><strong>Zumba</strong> with Jessica 12-12:45 PM RWC 126</td>
<td><strong>Power Hour</strong> with Jake 7:00-8:00 AM SRC Indoor Field</td>
<td><strong>Tai Chi</strong> with Cory 12-12:45 PM RWC 126</td>
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<td>7:00-8:00 AM SRC Indoor Field</td>
<td>11:00 AM -12:00 PM</td>
<td>12-12:45 PM RWC 126</td>
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<td>12-12:45 PM RWC 126</td>
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<tr>
<td><strong>Zumba</strong> with Jessica 12-12:45 PM RWC 126</td>
<td><strong>Butts N Gutts</strong> with Lucia 12-12:45 PM RWC 125</td>
<td><strong>Tai Chi</strong> with Cory 12-12:45 PM RWC 126</td>
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<td><strong>Tai Chi</strong> with Cory 12-12:45 PM RWC 126</td>
<td><strong>Spin</strong> with Lucia 5:15- 6:00 PM RWC 126</td>
<td><strong>Zumba</strong> with Jessica 12-12:45 PM RWC 126</td>
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<td><strong>Spin</strong> with Sheila 5:15- 6:00 PM RWC 126</td>
<td><strong>Yoga</strong> with Mia 5:30 - 7:00 PM RWC 125</td>
<td><strong>Butts N Gutts</strong> with Lucia 12-12:45 PM RWC 125</td>
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<tr>
<td><strong>Yoga</strong> with Mia 5:30 - 7:00 PM RWC 125</td>
<td><strong>Yoga</strong> with Suzanne 6:00—7:30 PM RWC 125</td>
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**Check out our classes!**

- **Intro to Indoor Climbing**
  - Tuesdays 5:30-7:00 PM
  - Sundays 12:00-2:00 PM
  - $10 HSU Students
  - $18 All Others
  - Come and sign up at the Student Recreation Center!

**Like us on Facebook!**

Facebook.com/StudentRecreationCenter

**(707) 826-4197 • src@humboldt.edu**

WWW.HUMBOLDT.EDU/SRC

**ALL COURSES REQUIRE PREREGISTRATION**
Butts N Gutts
Option I: February 9—March 11
Option II: March 23—April 22
This 30 minute class will work on shaping and toning your abs, butt, hips and thighs with a combination of exercises using equipment and your own body weight.
Day & Time: Monday, Wednesday 12:15 – 12:45 PM
Drop-in Fee: $2 Students • $3 All Others
Program Fee per option: $15 Students • $20 All Others
Program Fee for both options: $35 Students • $35 All Others
Location: Recreation and Wellness Center 126

Power Hour
February 10—April 23
A circuit program that incorporates equipment such as: sleds, prowlers and tires, to encourage a high intensity motivational workout. This class is geared to improve endurance and muscular fitness.
Day & Time: Tuesday, Thursday 7:00 – 8:00 AM
Drop-in Fee: $2
Location: SRC Indoor Field

Yoga
Option I: February 10—March 12
Option II: March 24—April 23
Vinyasa flow yoga classes offer a creative and unique sequence of poses that are richly infused with classical yoga teachings, alignment, breathing and meditation to calm the mind and open the heart. This class is designed to build warmth, mobilize joints, and get energy flowing through stretching the connective tissues and releasing the hips, hamstrings, shoulders and back, and using therapeutic breath throughout the practice. This is a fun class with sequences from various schools of yoga. Cultivate inner awareness while building strength and flexibility.
Day & Time: Tuesday, Thursday 5:30 – 7:00 PM  • Wednesday 6:00 – 7:30 PM
Drop-in Fee: $4 Students $6 All Others
Program Fee per option: $25 Students $35 All Others
Program Fee for both options: $35 Students $50 All Others
Location: Recreation and Wellness Center 125

Spin
Option I: February 9—March 12
Option II: March 23—April 23
Spinning is a non-impact, highly effective way to build cardiovascular strength and endurance. This class includes 40 minutes of high intensity cardio set to music with a 10 minute cool down and stretch period. This class is appropriate for all levels. Class size is limited - register early! A wheelchair accessible station is available with 1 day advance notice.
Days & Times: Mondays & Wednesdays • 5:15 – 6:00 PM or Tuesdays & Thursdays • 5:15 – 6:00 PM
Drop-in Fee: $3 Students $5 All Others
Program Fee per option: $20 Students $30 All Others
Program Fee for both options: $35 Students $45 All Others
Location: Recreation and Wellness Center 126

Introduction to Indoor Rock Climbing
This course is designed as an introduction to the sport of rock climbing with an emphasis on climbing for enjoyment and health. This course will cover the basic skills needed for technical rock climbing, including safety considerations, climbing techniques, use of equipment, basic knots, belaying and rappelling. No prior experience necessary.
Days & Times: Tuesday & Thursday 12:00 – 12:45 PM
Drop-in Fee: $3 Students $5 All Others
Program Fee per option: $25 Students $35 All Others
Program Fee for both options: $35 Students $45 All Others
Location: Recreation and Wellness Center 126

Zumba
Option I: February 9—March 11
Option II: March 23—April 22
Zumba is a fitness program that combines Latin music and easy-to-follow dance moves. It is based on the principle that a workout should be FUN AND EASY TO DO. Zumba is not only great for the body, but it is also great for the mind. Zumba routines incorporate interval training, alternating fast and slow rhythm and resistance training. Fans say it’s so popular because it’s a fun way to work out.
Day & Time: Monday, Wednesday 12:00 – 12:45 PM
Drop-in Fee: $3 Students $5 All Others
Program Fee per option: $25 Students $35 All Others
Program Fee for both options: $40 Students $50 All Others
Location: Recreation and Wellness Center 126

Techniques and Conditioning for Climbing
Option 1: February 11 – March 11
Option 2: March 25 – April 22
From the basics of movement to advanced skills for pushing harder grades, these classes offer a wealth of knowledge that serve as a substantial foundation for those aspiring to become accomplished climbers or a focused review for more advanced climbers.
Day & Time: Wednesday 11:00 – 12:00 PM
Drop-in Fee: $3
Program Fee per option: $20
Program Fee for both options: $35
Location: Student Recreation Center