

## Massage Therapy:

### Free Chair Massage

April 4 – June 2, Mondays, Tuesdays and Thursdays

5:30pm – 8:30pm

SRC South – Weight Room Upstairs

Treat yourself to a FREE 10-minute chair massage at the SRC. Relax your muscles. Soothe your stress. Sign up online up to two days in advance. This is a free service to SRC members. No chair massage on May 30.

Contact [tiffany.tallackson@ucr.edu](mailto:tiffany.tallackson@ucr.edu) for questions or visit <https://recreation.ucr.edu/chair-massage>

### “Finals Week” Free Chair Massage

June 6 – June 9, Monday through Thursday

5:30pm – 8:30pm

SRC South – Weight Room Upstairs

Take your mind off your exams and do something nice for yourself. Take a break from your studies and enjoy a relaxing 15-minute massage on us! Sign up online up to two days in advance. This is a free service to SRC members.

Contact [tiffany.tallackson@ucr.edu](mailto:tiffany.tallackson@ucr.edu) for questions or visit <https://recreation.ucr.edu/chair-massage>

## Personal Training:

### In-Person Personal Training

March 21, 2022 – June 3, 2022

SRC South

#### 60-Minute Sessions

Jumpstart Package: 3 sessions (only for new clients; includes body composition) \$120

1 session - \$48

2 sessions - \$96

4 sessions - \$186

8 sessions - \$352

10 sessions - \$420

#### 30-Minute In and Out Sessions

3 sessions - \$60

6 sessions - \$105

10 sessions - \$170

Work with a certified personal trainer to achieve your fitness goals, effectively and safely. Our trainers will combine data from your initial consultation, lifestyle habits, and movement analysis to create a customized fitness plan that is specific to you and your goals. Whether you are a beginner or advanced exerciser, book your consultation today to find out how our trainers can elevate your fitness!

Contact [david.d.lee@ucr.edu](mailto:david.d.lee@ucr.edu) for questions or visit <https://recreation.ucr.edu/fitwell/personal-training>

### **Virtual Personal Training**

March 21, 2022 – June 3, 2022

Online

#### **30-Minute Sessions**

3 sessions - \$60

6 sessions - \$105

10 sessions - \$170

Get results wherever, whenever. Your personal trainer will create a custom plan and lead you through workouts that you can do at the convenience of your own home. These 30-minute sessions will help keep you motivated and moving, wherever you are.

Contact david.d.lee@ucr.edu for questions or visit <https://recreation.ucr.edu/fitwell/personal-training>

### **InBody Composition Analysis**

March 21, 2022 – June 3, 2022

Mondays and Wednesdays, 3pm-6pm

Tuesdays, 12:40pm-3:40pm

SRC South – Personal Training Office (Room 2130)

Cost - \$20

Get an in-depth look at what your weight really means. The state-of-the-art InBody 270 accurately measures your body composition in less than 15 seconds. This assessment will analyze your skeletal muscle mass, percent body fat, body fat mass, basal metabolic rate, and more. Receive a free 15-minute personal training consultation with every InBody test. See how this body composition analysis can help you reach your fitness goals more effectively. Learn more about this test on <https://www.inbodyusa.com/products/inbody270/>.

Visit our website to sign up for an analysis and select a time slot that works best with your schedule.

Contact david.d.lee@ucr.edu for questions or visit <https://recreation.ucr.edu/fitwell/personal-training>

### **Group Fitness:**

Get motivated to work out and learn from our certified group fitness instructors and trainers! See the following pages for our classes and condensed finals week class schedule. Registration required; spots are limited. Sign up online up to two days in advance. SRC Members only. Contact tiffany.tallackson@ucr.edu for questions or visit <https://recreation.ucr.edu/fitwell>

**We strongly encourage all participants to bring their own yoga mats during in-person yoga classes.**

[Learn](#) how to register and participate or scan the following QR code and sign up for group fitness classes!



**Here is a list of our online classes, available to all UCR community members.**

Sign in with your UCR credentials to join!

Online Classes	Link to Zoom Class Online	Zoom Information
Pop Pilates, Mondays, 12:00-1:00pm	<a href="#">Pop Pilates Zoom Link</a>	<a href="https://bit.ly/3qjnldt">https://bit.ly/3qjnldt</a> <b>Meeting ID:</b> 921 5235 5742 <b>Passcode:</b> 955918
Take a Break, Tuesdays, 3:00-3:15pm	<a href="#">Take a Break Zoom Link</a>	<a href="https://bit.ly/3tBZPzV">https://bit.ly/3tBZPzV</a> <b>Meeting ID:</b> 957 7355 0625 <b>Passcode:</b> 171592
Yoga, Wednesdays, 11:00am-12:00pm	<a href="#">Wednesday's Yoga Zoom Link</a>	<a href="https://bit.ly/31C7zX8">https://bit.ly/31C7zX8</a> <b>Meeting ID:</b> 943 4928 9873 <b>Passcode:</b> 764368
Core Fit, Wednesdays, 12:30pm – 1:00pm (April 6 – May 4)	<a href="#">Core Fit Zoom Link</a>	<a href="https://bit.ly/3JJvZPF">https://bit.ly/3JJvZPF</a> <b>Meeting ID:</b> 920 8535 3070 <b>Passcode:</b> 270953
Chair Yoga, Wednesdays, 1:15pm – 1:45pm (April 6 – May 4)	<a href="#">Chair Yoga Zoom Link</a>	<a href="https://bit.ly/3Njppgf">https://bit.ly/3Njppgf</a> <b>Meeting ID:</b> 949 8640 1886 <b>Passcode:</b> 683348
SoulBody Barre/Unhitched, Wednesdays, 6:30pm – 7:30pm	<a href="#">SB Barre/ Unhitched Zoom Link</a>	<a href="https://bit.ly/36Jz7MO">https://bit.ly/36Jz7MO</a> <b>Meeting ID:</b> 942 6430 8721 <b>Passcode:</b> 237555
Yoga N' Mind, Thursdays, 5:30-6:30pm	<a href="#">Yoga N' Mind Zoom Link</a>	<a href="https://bit.ly/359wfIF">https://bit.ly/359wfIF</a> <b>Meeting ID:</b> 955 2827 1882 <b>Passcode:</b> 258840
Yoga, Fridays, 9:00-10:00am	<a href="#">Friday's Yoga Zoom Link</a>	<a href="https://bit.ly/3NdpvLb">https://bit.ly/3NdpvLb</a> <b>Meeting ID:</b> 977 2051 7711 <b>Passcode:</b> 529198

## March 28, 2022 – June 3, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Yoga</b> 6:45 – 7:45am MPR B Yvonne M. 15 people maximum Starting April 4 5/30 No Class</p>	<p><b>Cycle Burn</b> 7:00 – 7:45am SRC Breezeway Roxy D. 15 people maximum</p>	<p><b>Yoga</b> 6:45 – 7:45am MPR B Yvonne M. 15 people maximum Starting April 6 6/1 Move to E</p>	<p><b>Cycle Burn</b> 7:00 – 7:45am SRC Breezeway Roxy D. 15 people maximum</p>	
	<p><b>Abs &amp; Glutes</b> 11:15 – 11:45am MPR A Ivanna D.</p>	<p><b>Yoga</b> 11:00am – 12:00pm Zoom ONLINE Sara S. Meeting ID: 943 4928 9873 Passcode: 764368</p>	<p><b>Abs &amp; Glutes</b> 11:15 – 11:45am MPR A Ivanna D. 6/2 Move to E</p>	<p><b>Yoga</b> 9:00 – 10:00am Zoom ONLINE Fania Meeting ID: 977 2051 7711 Passcode: 529198</p>
<p><b>Pop Pilates</b> 12:00pm – 1:00pm Zoom ONLINE Faith M. Meeting ID: 921 5235 5742 Passcode: 955918 5/30 No Class</p>	<p><b>TRX Fusion</b> 12:15 – 1:00pm MPR A Ginger M.</p>	<p><b>Core Fit</b> 12:30pm – 1:00pm Zoom ONLINE Angela A. Runs April 6 – May 4 Meeting ID: 920 8535 3070 Passcode: 270953</p>	<p><b>Total Body Strength</b> 12:15 – 1:00pm MPR A Ginger M. 6/2 Move to E</p>	<p><b>Kickbox Conditioning</b> 12:00 – 12:45pm MPR A Kendra G.</p>
	<p><b>Take a Break</b> 3:00 – 3:15pm Zoom ONLINE Monica P. Meeting ID: 957 7355 0625 Passcode: 171592</p>	<p><b>Chair Yoga</b> 1:15pm – 1:45pm Zoom ONLINE Angela A. Runs April 6 – May 4 Meeting ID: 949 8640 1886 Passcode: 683348</p>	<p><b>Yoga</b> 5:00 – 6:00pm MPR B Yvonne M. 15 people maximum Starting April 7 6/2 Move to E</p>	
<p><b>Cardio Kickboxing</b> 5:15 – 6:00pm MPR A Margareta S. 5/30 No Class, 6/6 Move to E</p>	<p><b>Yoga</b> 5:00 – 6:00pm MPR B Yvonne M. 15 people maximum Starting April 5</p>		<p><b>Barre Fusion</b> 5:15 – 6:00pm MPR A Bree P. 6/2 No Class</p>	
<p><b>STRONG Nation®</b> 6:15 – 7:15pm MPR A Margareta S. 5/30 No Class, 6/6 Move to E</p>	<p><b>Dancilates</b> 5:15 – 6:00pm MPR A Bree P.</p>	<p><b>Dance Fusion</b> 5:30 – 6:15pm MPR A Karen Z. 6/1 &amp; 6/8 Move to E</p>	<p><b>Yoga N' Mind</b> 5:30 – 6:30pm Zoom ONLINE Sara S. Meeting ID: 955 2827 1882 Passcode: 258840</p>	
	<p><b>Zumba®</b> 6:15 – 7:00pm MPR A Jessica S. 6/7 Move to E</p>	<p><b>SoulBody Barre/Unhitched</b> 6:30 – 7:15pm Zoom ONLINE Faith M. Meeting ID: 942 6430 8721 Passcode: 237555</p>	<p><b>STRONG Nation®</b> 6:15 – 7:15pm MPR A Jessica S. 6/2 No Class</p>	
<p><b>Cycle Burn</b> 7:00 – 7:45pm SRC Breezeway Roxy D. 15 people maximum 5/30 No Class</p>	<p><b>HIIT Strength</b> 6:30 – 7:15pm MPR E Karen Z.</p>	<p><b>Cycle Burn</b> 7:00 – 7:45pm SRC Breezeway Emily B. 15 people maximum</p>	<p><b>Yoga Sculpt</b> 6:30 – 7:30pm MPR E Kay G.</p>	

**June 4, 2022 – June 10, 2022  
Finals Week**

**All in-person classes have been moved to MPR E.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	<p><b>Take a Break</b> 3:00 – 3:15pm <b>Zoom ONLINE</b> Monica P. <b>Meeting ID:</b> 957 7355 0625 <b>Passcode:</b> 171592</p>		
<p><b>Cardio Kickboxing</b> 5:15 – 6:00pm <b>MPR E</b> Margareta S.</p>	<p><b>Dancilates</b> 5:15 – 6:00pm <b>MPR E</b> Bree P.</p>	<p><b>Dance Fusion</b> 5:30 – 6:15pm <b>MPR E</b> Karen Z.</p>	<p><b>Barre Fusion</b> 5:15 – 6:00pm <b>MPR E</b> Bree P.</p>
<p><b>STRONG Nation®</b> 6:15 – 7:15pm <b>MPR E</b> Margareta S.</p>	<p><b>Zumba®</b> 6:15 – 7:00pm <b>MPR E</b> Jessica S.</p>	<p><b>SoulBody Barre/Unhitched</b> 6:30 – 7:15pm <b>Zoom ONLINE</b> Faith M. <b>Meeting ID:</b> 942 6430 8721 <b>Passcode:</b> 237555</p>	<p><b>STRONG Nation®</b> 6:15 – 7:15pm <b>MPR E</b> Jessica S.</p>

## CLASS DESCRIPTIONS

### CARDIO CLASSES

**Cardio Kickboxing:** Integrate punches, kicks, blocks and combinations into this high intensity cardiovascular workout!

**Cycle Burn:** Experience the burn of cycling drills! Take on cardiovascular conditioning with an interval-driven workout.

**Zumba®:** Get your body moving with this Latin-inspired workout! Fun and easy to do moves will get your heart pumping. Dance your way to a fitter you!

### FUSION CLASSES

**Dance Fusion:** This class is not your average one-genre dance class. Infused with music from Latin and International to Hip Hop and Pop, Dance Fusion focuses on movements that are big, explosive, energetic, and full out. Dance to popular songs, and spice things up by completing boot-camp inspired exercises for an effective and challenging workout.

**Dancilates:** Go where dancing meets Pilates. Focus on improving your core strength, load tolerance, coordination and flexibility through music-driven movements and upbeat dance sequences.

**HIIT Strength:** Can you handle a little sweat? This all-level class will get your heart pumping – combining both high intensity interval training and strength training together for an all-out burn-out.

**Kickbox Conditioning:** Get ready to be conditioned into shape. This class takes on both kickboxing and strength training to help you build up your body for an overall strong physique.

**Pop Pilates:** This choreography-driven, ab-sculpting, core strengthening program puts a new spin on Pilates. With creative elements of cardio, strength, and upbeat tunes, your workout will have you dancing on the mat throughout the entire class!

**SoulBody Barre/Unhitched:** SoulBody Barre is a mindfully intense workout that utilizes various movements and modalities for a great total body workout. Using Barre, Pilates, and Yoga formats, this class will strengthen and tone your muscles, while helping you to gain better posture. This “unhitched” version of the class can be done without the ballet barre, so prepared to move and stretch!

**STRONG Nation®:** This program developed by Zumba incorporates HIIT, kickboxing, and toning movements into one! Become STRONG after this 1-hour intense cardio workout. Bring water and a towel, and be ready to sweat!

**TRX Fusion:** Born in the Navy SEALs, the TRX Suspension Trainer leverages gravity and the user’s bodyweight to develop strength, balance, flexibility, and core stability. Used simultaneously with

assistance of other workout elements, this class provides a real total body test.

### TONING CLASSES

**Abs & Glutes:** It’s the total core and glutes workout! This class focuses on functional abdominal work & lower body exercises!

**Barre Fusion:** Take on mindfully intense movements, set to the beat. With or without the ballet barre, be prepared to strengthen and tone your muscles, while earning better posture and flexibility.

**Total Body Strength:** Looking for a fun, challenging workout that will define your muscles and balance your physique? This highly efficient, full body workout will define and strengthen your muscles by constantly challenging your body using different workout modalities.

### MASSAGE CLASSES

**Take a Break:** Need a moment away from your desk to stretch? Join Massage Therapist Monica as she instructs quick yet effective body alignment strategies to improve your posture and mood for the rest of the day!

### MIND/BODY CLASSES

**Chair Yoga:** Chair Yoga is designed to incorporate energizing breath-work and seated postures to stretch skeletal muscles, strengthen the body, and encourage a sense of openness. Take part in gentle yoga in this class made for all levels and abilities.

**Yoga:** Each of our Yoga instructors has specialized in a different form of yoga. Our class styles can range from:

**Hatha Yoga:** Hatha yoga is a path toward creating balance and uniting opposites. Develop a balance of strength and flexibility while learning to balance your effort and surrender in each pose. Bring your attention to your breath, which helps to still the fluctuations of the mind and be more present in the unfolding of each moment.

**Iyengar Yoga:** This Iyengar yoga class focuses on the structural alignment of the physical body through the development of asanas. It aims to unite the body, mind, and spirit for health and well-being. Iyengar Yoga is characterized by great attention to detail, and the use of props such as blocks or chairs to allow beginners and experienced practitioners to find the essence of the pose.

**Vinyasa Yoga:** Vinyasa yoga connects the breath and movement through a flow of postures. It is a mindful practice designed to calm the mind and open the body, followed by targeted stretches designed to increase flexibility and release tension.

**Yoga N' Mind:** Restore the balance of body and mind through combining movement and relaxation. Students will move through yoga postures with various speed and relax with breathwork, affirmations and/or meditation. This practice encourages to be in the moment and reach a sense of calmness that can carry throughout the day.

**Yoga Sculpt:** When muscle meets yoga, Yoga Sculpt is born. Intensify your yoga poses with a combination of free weights, sequencing, strength training, and cardio. Boost metabolism and build lean muscle mass as you move to upbeat tracks.

### **STAFF/FACULTY FOCUSED CLASSES**

**CoreFit:** Challenge your core with functional exercises that strengthen the spine, improve movement mechanics and posture and decrease the risk of injuries.