

Cooking Well and FitWell Programming – Winter 2021

Cooking Well

Cooking Live with Chef Val*

Scroll on through to our Instagram live session with Chef Val where you can watch her cook up some great eats and answer all of your questions.

January 20, 4:00-5:00pm on Instagram Live

Please visit the SRC Instagram at <https://www.instagram.com/ucsrc/>

Valentine's day is just around the corner! Scroll on through to our Instagram live session with Chef Val where you can watch her make some easy treats that will impress your valentine.

February 10, 4:00-5:00pm on Instagram Live

Please visit the SRC Instagram at <https://www.instagram.com/ucsrc/>

Inspired by St. Patrick's Day, scroll on through to our Instagram live to see Chef Val create a little taste of Ireland.

March 03, 4:00-5:00pm on Instagram Live

Please visit the SRC Instagram at <https://www.instagram.com/ucsrc/>

FitWell

Equipment Checkout

UC Riverside Recreation offers a number of fitness equipment for rental use. All equipment is available free of charge on a first-come first-serve basis.

For more information, please visit our website at <https://recreation.ucr.edu/equipment-checkout>

Fit for Hire

The UC Riverside Recreation department is providing a selection of Fit for Hire services FREE of charge to help you thrive during COVID-19. We are committed to ensure that every student, faculty, and staff member remains healthy during this challenging time. Our current offerings include the following presentations:

- 15 Minute Stretch Break
- 30 Minute Stretch Break
- Healthy Habits at Home
- Stress Management & Mindfulness

For more information and to request a Fit for Hire session, please visit our website at

<https://recreation.ucr.edu/fitwell/fit-hire#no-back>

Virtual Personal Training

Starting February 22, 2021

Personal training is a great way to stay disciplined and be inspired while achieving real results. Visit our website to sign up for our in and out personal training sessions. Each personal training session is 30 minutes, and is available to UCR students, faculty, and staff. No SRC membership required. Contact michelle.sansone@ucr.edu for questions or visit <https://recreation.ucr.edu/fitwell/personaltraining>.

Three sessions - \$60

Six sessions - \$105

Ten sessions - \$170

FitWell Schedule – Winter 2021

Session 1: January 4 – February 5

January 18: No classes (Holiday)

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>wREck It! 7:15-8:00am Meeting ID: 983 3166 5066 Passcode: 414782 https://bit.ly/3m52IDJ</p>		<p>Yoga 7:00-8:00am Meeting ID: 979 9394 0327 Passcode: 472022 https://bit.ly/2RbtQCU</p>	
<p>Abs & Glutes 12:00-12:45pm Meeting ID: 931 4449 0856 Passcode: 803779 https://bit.ly/3hes6TK</p>	<p>Yoga 12:00-1:00pm Meeting ID: 971 1009 9461 Passcode: 795964 https://bit.ly/3khwTWO</p>	<p>Total Body Toning 12:00-12:45pm Meeting ID: 930 3558 6145 Passcode: 569174 https://bit.ly/3pqNTNw</p>	<p>Yoga 12:00-1:00pm Meeting ID: 971 1009 9461 Passcode: 795964 https://bit.ly/3khwTWO</p>	
	<p>Take a Break 2:30-2:45pm Meeting ID: 994 8724 9739 Passcode: 569737 https://bit.ly/2Nm0yPJ</p>		<p>Take a Break 2:30-2:45pm Meeting ID: 994 8724 9739 Passcode: 569737 https://bit.ly/2Nm0yPJ</p>	
<p>Tighten N' Tone 5:15-6:00pm Meeting ID: 953 5454 3667 Passcode: 064728 https://bit.ly/32gy829</p>	<p>Total Body Toning 5:15-6:00pm Meeting ID: 983 4768 5241 Passcode: 623123 https://bit.ly/2JWbvJy</p>	<p>Cardio Kickboxing 5:15-6:00pm Meeting ID: 988 1352 4215 Passcode: 011222 https://bit.ly/3hgR5Gb</p>	<p>Groove N' Go 5:15-6:00pm Meeting ID: 937 2827 9565 Passcode: 986417 https://bit.ly/3na6uLz</p>	<p>Gluteus Max Out 5:15-6:00pm Meeting ID: 996 6852 8648 Passcode: 378016 https://bit.ly/2R7FcaQ</p>
<p>Power Yoga 6:15-7:15pm Meeting ID: 946 3865 8716 Passcode: 697717 https://bit.ly/3kcEwgs</p>		<p>Abs & Glutes 6:30-7:15pm Meeting ID: 986 6031 4039 Passcode: 352231 https://bit.ly/2FeeHOF</p>	<p>Chair Yoga 6:15-7:00pm Meeting ID: 969 2825 5969 Passcode: 111832 https://bit.ly/35hSU2X</p>	<p>Yoga 6:15-7:15pm Meeting ID: 989 8273 5458 Passcode: 918613 https://bit.ly/2GidsYI</p>
<p>Pop Pilates 7:30-8:30pm Meeting ID: 956 7279 3970 Passcode: 163375 https://bit.ly/3hd6x6c</p>	<p>Zumba® 7:00-7:45pm Meeting ID: 985 6233 9307 Passcode: 231791 https://bit.ly/3kik5yL</p>	<p>Pilates Fusion 7:30-8:30pm Meeting ID: 931 1739 3096 Passcode: 091932 https://bit.ly/2RcUz1E</p>	<p>Aromatherapy 101 Jan 14, Jan 28 7:15-8:15pm Meeting ID: 985 8266 5189 Passcode: 936090 https://bit.ly/36tQ6z8</p>	

FitWell Schedule – Winter 2021

Session 2: February 8 – March 12

February 15: No classes (Holiday)

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>wREck It! 7:15-8:00am Meeting ID: 983 3166 5066 Passcode: 414782 https://bit.ly/3m52IDJ</p>		<p>Yoga 7:00-8:00am Meeting ID: 979 9394 0327 Passcode: 472022 https://bit.ly/2RbtQCU</p>	
<p>Gluteus Max Out 12:00-12:45pm Meeting ID: 967 8453 5033 Passcode: 682488 https://bit.ly/32fRe8t</p>	<p>Yoga 12:00-1:00pm Meeting ID: 971 1009 9461 Passcode: 795964 https://bit.ly/3khwTWO</p>	<p>Abs and Glutes 12:00-12:45pm Meeting ID: 942 9959 7685 Passcode: 294221 https://bit.ly/36m4yJf</p>	<p>Yoga 12:00-1:00pm Meeting ID: 971 1009 9461 Passcode: 795964 https://bit.ly/3khwTWO</p>	
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<p>Total Body Toning 5:15-6:00pm Meeting ID: 918 4692 4708 Passcode: 969974 https://bit.ly/3bGovg0</p>	<p>Tighten N' Tone 5:15-6:00pm Meeting ID: 962 6111 7786 Passcode: 827504 https://bit.ly/3m8triv</p>	<p>Kickbox Conditioning 5:15-6:15pm Meeting ID: 989 0080 5989 Passcode: 538649 https://bit.ly/2R8TYxU</p>	<p>Dancilates 5:15-6:00pm Meeting ID: 947 3388 0552 Passcode: 639711 https://bit.ly/38CiUI2</p>	<p>Abs & Glutes 5:15-6:00pm Meeting ID: 910 7954 0619 Passcode: 934930 https://bit.ly/2ZpClcp</p>
<p>Power Yoga 6:15-7:15pm Meeting ID: 946 3865 8716 Passcode: 697717 https://bit.ly/3kcEwgs</p>		<p>Gluteus Max Out 6:30-7:15pm Meeting ID: 920 3660 0979 Passcode: 648975 https://bit.ly/2DJEIVg</p>	<p>Chair Yoga 6:15-7:00pm Meeting ID: 969 2825 5969 Passcode: 111832 https://bit.ly/35hSU2X</p>	<p>Yoga 6:15-7:15pm Meeting ID: 989 8273 5458 Passcode: 918613 https://bit.ly/2GidsYl</p>
<p>Pop Pilates 7:30-8:30pm Meeting ID: 956 7279 3970 Passcode: 163375 https://bit.ly/3hd6x6c</p>	<p>Zumba® 7:00-7:45pm Meeting ID: 985 6233 9307 Passcode: 231791 https://bit.ly/3kik5yL</p>	<p>Pilates Fusion 7:30-8:30pm Meeting ID: 931 1739 3096 Passcode: 091932 https://bit.ly/2RcUz1E</p>	<p>Aromatherapy 101 Feb 11, 25, March 4 7:15-8:15pm Meeting ID: 985 8266 5189 Passcode: 936090 https://bit.ly/36tQ6z8</p>	

FitWell Schedule – Winter 2021

Finals Week: March 13 – March 19, 2021

Monday	Tuesday	Wednesday	Thursday
<p>Gluteus Max Out 12:00-12:45pm Meeting ID: 967 8453 5033 Passcode: 682488 https://bit.ly/32fRe8t</p>	<p>Yoga 12:00-1:00pm Meeting ID: 971 1009 9461 Passcode: 795964 https://bit.ly/3khwTWO</p>	<p>Abs and Glutes 12:00-12:45pm Meeting ID: 942 9959 7685 Passcode: 294221 https://bit.ly/36m4yJf</p>	<p>Yoga 12:00-1:00pm Meeting ID: 971 1009 9461 Passcode: 795964 https://bit.ly/3khwTWO</p>
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CLASS DESCRIPTIONS

CARDIO CLASSES

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

HIIT Fusion: Calorie crushing fast paced drills, body sculpting movements, and power pulsing mind/body programming.

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!

Groove N' Go: A fun-filled, jam-packed cardio fitness class centered around the dance moves, style, and music of Hip Hop and R&B.

FUSION CLASSES

Dancilates: A class that blends various dance styles with the controlled movements of Pilates to create a unique workout filled with fun cardio and body toning exercises.

Kickbox Conditioning: Get ready to be conditioned into shape! This class takes on a Kickboxing-style format to help strengthen the body for an overall toned 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!

TONING CLASSES

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

Gluteus Max Out: Are you ready for total leg workout? Dominate quad-heavy motions and max out on glute activating movements for a strong behind.

wRECK it!: Get into gear with a heart-pumping, body strengthening, and core tightening program. Come wRECK it with FitWell!

Tighten N' Tone: Spring clean your exercise routine! This class will tighten and tone all the right muscles, as each week will provide new movements and challenges

Total Body Toning: 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.

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.

Pilates Fusion: This mixed-level Pilates class utilizes different equipment to provide whole body toning movements.

Power Yoga: Move through a vinyasa-style flow while maintaining muscle strengthening postures in a rhythm-based sequence. Build internal heat and reduce stress while increasing stamina, strength and flexibility.

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.

Pranakriya Yoga: Wake your body up with Pranakriya! Each class is designed to include energizing breath work and postures that will stretch skeletal muscles, strengthen the body and encourage a sense of openness students can carry with them throughout the day.

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.

MASSAGE THERAPY

Aromatherapy 101: Join Massage Therapist Tracey to learn about essential oils and the art & science of aromatherapy. Topics include creating your own personal scent, custom blending, and practical uses during CV19, recipes for everyday use, distillation methods, the history and uses of E.O.s through time. Bring your sense of humor, curious mind and questions.

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!