

Cooking Well and FitWell Programming – Spring 2021

Cooking Well

Climber and the Chef

A pro chef tries to teach a mediocre climber how to cook and dehydrate meals for when she goes on climbing trips!

April 29, on IGTV

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

Garden Produce Tips with Chef Val

The spring garden season in SoCal means veggie harvesting and a time to plant. Join Chef Val to learn creative ways to fix fresh and healthy produce for an easy meal!

May 6, 4:00-4:30pm on IGTV

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

Cooking with Chef Val

Watch as Chef Val cooks up an easy, budget friendly, one pot wonder.

June 02, on IGTV

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

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

UCRSRC – FitWell Schedule – Spring 2021

Session 1: March 29 – April 30, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		Gluteus Max Out 9:00-9:45am Meeting ID: 926 2907 1336 Passcode: 216404 http://bit.ly/3s5eTme		
Abs & Glutes 12:00-12:45pm Meeting ID: 989 2054 0538 Passcode: 998500 http://bit.ly/3s4Wvtt	Yoga 12:30-1:30pm Meeting ID: 943 4928 9873 Passcode: 764368 http://bit.ly/2Zvf5Ps		Yoga 12:30-1:30pm Meeting ID: 943 4928 9873 Passcode: 764368 http://bit.ly/2Zvf5Ps	Chair Yoga 12:00-1:00pm Meeting ID: 949 8640 1886 Passcode: 683348 http://bit.ly/3u9gZ6g
	Take a Break 2:30-2:45pm Meeting ID: 957 7355 0625 Passcode: 171592 http://bit.ly/3udPyIrl		Take a Break 2:30-2:45pm Meeting ID: 957 7355 0625 Passcode: 171592 http://bit.ly/3udPyIrl	
				wREck It! 4:30-5:15pm Meeting ID: 915 3458 1956 Passcode: 560135 http://bit.ly/3qzeWGz
HIIT Fusion 5:30-6:00pm Meeting ID: 965 8288 2670 Passcode: 931834 http://bit.ly/2ZsBcG3	Total Body Toning 5:15-6:00pm Meeting ID: 973 9098 7445 Passcode: 547657 http://bit.ly/3qy4q21	Cardio Kickboxing 5:15-6:00pm Meeting ID: 935 2582 6520 Passcode: 482944 http://bit.ly/3s5dQCO	Mat Pilates 5:15-6:00pm Meeting ID: 949 1704 5166 Passcode: 378216 http://bit.ly/3uaUHL1	Abs & Glutes 5:30-6:15pm Meeting ID: 979 3602 8624 Passcode: 214220 http://bit.ly/3jYsgBT
Power Yoga 6:15-7:15pm Meeting ID: 920 8535 3070 Passcode: 270953 http://bit.ly/3u4fOoC		Abs & Glutes 6:30-7:15pm Meeting ID: 924 2361 2943 Passcode: 068150 http://bit.ly/3dqQF1M	Yoga 6:00-7:00pm Meeting ID: 977 2051 7711 Passcode: 529198 http://bit.ly/2OHjBYM	Yoga 6:30-7:30pm Meeting ID: 962 3056 7894 Passcode: 152674 http://bit.ly/2OS2T9
Pop Pilates 7:30-8:30pm Meeting ID: 921 5235 5742 Passcode: 955918 http://bit.ly/3u9s1Ze	Zumba® 7:00-7:45pm Meeting ID: 916 5846 9381 Passcode: 265749 http://bit.ly/3dr1799	Mat Pilates 7:30-8:30pm Meeting ID: 943 5226 4712 Passcode: 936315 http://bit.ly/3dtKzNV	Aromatherapy 101 April 8, April 22 7:15-8:15pm Meeting ID: 991 9940 1088 Passcode: 469143 http://bit.ly/3bXlglr	

UCRSRC – FitWell Schedule – Winter 2021

Session 2: May 3 – June 4, 2021

May 31: No classes (Holiday)

Monday	Tuesday	Wednesday	Thursday	Friday
		Abs and Glutes 9:00-9:45am Meeting ID: 999 8834 5327 Passcode: 553728 http://bit.ly/3qy0eQ4		
Gluteus Max Out 12:00-12:45pm Meeting ID: 920 4410 9473 Passcode: 598337 http://bit.ly/3avXqxe	Yoga 12:30-1:30pm Meeting ID: 943 4928 9873 Passcode: 764368 http://bit.ly/2Zvf5Ps		Yoga 12:30-1:30pm Meeting ID: 943 4928 9873 Passcode: 764368 http://bit.ly/2Zvf5Ps	Chair Yoga 12:00-1:00pm Meeting ID: 949 8640 1886 Passcode: 683348 http://bit.ly/3u9gZ6g
	Take a Break 2:30-2:45pm Meeting ID: 957 7355 0625 Passcode: 171592 http://bit.ly/3udPylr		Take a Break 2:30-2:45pm Meeting ID: 957 7355 0625 Passcode: 171592 http://bit.ly/3udPylr	
				wRECK It! 4:30-5:15pm Meeting ID: 915 3458 1956 Passcode: 560135 http://bit.ly/3qzeWGz
HIIT Fusion 5:30-6:00pm Meeting ID: 965 8288 2670 Passcode: 931834 http://bit.ly/2ZsBcG3	Tighten N' Tone 5:15-6:00pm Meeting ID: 986 4406 7800 Passcode: 793999 http://bit.ly/2ZsE6ur	Kickbox Conditioning 5:15-6:15pm Meeting ID: 916 4624 0531 Passcode: 926587 http://bit.ly/3k1Gxhd	Mat Pilates 5:15-6:00pm Meeting ID: 949 1704 5166 Passcode: 378216 http://bit.ly/3uaUhl1	Gluteus Max Out 5:30-6:15pm Meeting ID: 930 1645 3547 Passcode: 578604 http://bit.ly/3ayqF2C
Power Yoga 6:15-7:15pm Meeting ID: 920 8535 3070 Passcode: 270953 http://bit.ly/3u4fOoC		Gluteus Max Out 6:30-7:15pm Meeting ID: 942 6430 8721 Passcode: 237555 http://bit.ly/3s6xVss	Yoga 6:00-7:00pm Meeting ID: 977 2051 7711 Passcode: 529198 http://bit.ly/2OHjBYM	Yoga 6:30-7:30pm Meeting ID: 962 3056 7894 Passcode: 152674 http://bit.ly/2OS2T9h
Pop Pilates 7:30-8:30pm Meeting ID: 921 5235 5742 Passcode: 955918 http://bit.ly/3u9s1Ze	Zumba® 7:00-7:45pm Meeting ID: 916 5846 9381 Passcode: 265749 http://bit.ly/3dr1799	Mat Pilates 7:30-8:30pm Meeting ID: 943 5226 4712 Passcode: 936315 http://bit.ly/3dtKzNV	Aromatherapy 101 May 6, May 20, May 27 7:15-8:15pm Meeting ID: 991 9940 1088 Passcode: 469143 http://bit.ly/3bxlglr	

UCRSRC – FitWell Schedule – Winter 2021

Finals Week: June 7 – June 11, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		Abs and Glutes 9:00-9:45am Meeting ID: 999 8834 5327 Passcode: 553728 http://bit.ly/3qy0eQ4		
Gluteus Max Out 12:00-12:45pm Meeting ID: 920 4410 9473 Passcode: 598337 http://bit.ly/3avXqxe	Yoga 12:30-1:30pm Meeting ID: 943 4928 9873 Passcode: 764368 http://bit.ly/2Zvf5Ps		Yoga 12:30-1:30pm Meeting ID: 943 4928 9873 Passcode: 764368 http://bit.ly/2Zvf5Ps	Chair Yoga 12:00-1:00pm Meeting ID: 949 8640 1886 Passcode: 683348 http://bit.ly/3u9gZ6g
	Take a Break 2:30-2:45pm Meeting ID: 957 7355 0625 Passcode: 171592 http://bit.ly/3udPylr		Take a Break 2:30-2:45pm Meeting ID: 957 7355 0625 Passcode: 171592 http://bit.ly/3udPylr	
Power Yoga 6:15-7:15pm Meeting ID: 920 8535 3070 Passcode: 270953 http://bit.ly/3u4fOoC	Zumba® 7:00-7:45pm Meeting ID: 916 5846 9381 Passcode: 265749 http://bit.ly/3dr1799		Yoga 6:00-7:00pm Meeting ID: 977 2051 7711 Passcode: 529198 http://bit.ly/2OHjBYM	

CLASS DESCRIPTIONS

CARDIO CLASSES

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

HIIT Fusion: Using strength and endurance, this hard-hitting and power pulsing class uses the mind-body connection to help you burn through calories and flow through motion in only 30 minutes.

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

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.

Mat Pilates: This mixed-level Pilates class utilizes different movements and breathing techniques to provide core emphasized, whole body toning class.

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 Smith in this series to learn about the art and science of Aromatherapy and Essential Oils. Topics include practical uses during this Covid-19 era, creating your own personal scent, custom blending, recipes for everyday use, distillation methods, the history and uses of E.O.s through time. We will be expanding our knowledge each class. 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!