

FitWell Program Offerings

Massage Therapy:

Free Chair Massage

January 17 – March 11, Mondays, Tuesdays and Thursdays

5:30pm – 8:30pm

SRC North – FitWell Studio

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 November 11 and November 25.

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

“Finals Week” Free Chair Massage

March 14 – March 17, Monday through Thursday

5:30pm – 8:30pm

SRC North – FitWell Studio

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 for questions or visit <https://recreation.ucr.edu/chair-massage>

Personal Training:

InBody Composition Analysis

January 17 – March 16

Mondays and Wednesdays, 3pm-6pm

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. You get a results sheet with key body composition components to track your progress and health. This assessment will analyze your skeletal muscle mass, percent body fat, body fat mass, basal metabolic rate, and more. Learn more about this test:

<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 tiffany.tallackson@ucr.edu for questions or visit <https://recreation.ucr.edu/fitwell/personal-training>

Group Fitness:

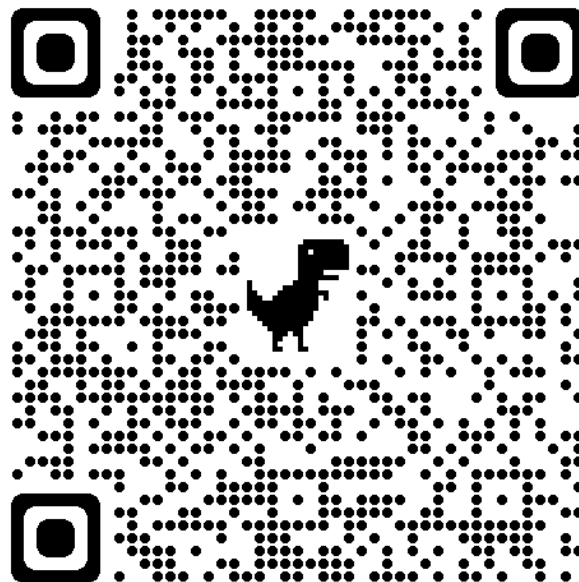
Group Fitness Classes

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.

Online Classes	Link to Zoom Class Online
Pop Pilates, Mondays, 12:00-1:00pm	Pop Pilates Zoom Link
Take a Break, Tuesdays, 3:00-3:15pm	Take a Break Zoom Link
Yoga, Tuesdays, 6:30-7:30pm	Tuesday's Yoga Zoom Link
Yoga, Wednesdays, 11:00am-12:00pm	Wednesday's Yoga class
Yoga N' Mind, Thursdays, 5:30-6:30pm	Yoga N' Mind Zoom Link

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



January 3, 2022 – March 11, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 6:45 – 7:45am MPR B Yvonne M. 15 people maximum <i>Starting January 10</i>	Cycle Burn 7:00 – 7:45am SRC Breezeway Roxy D. 15 people maximum	Yoga 6:45 – 7:45am MPR B Yvonne M. 15 people maximum <i>Starting January 12</i>	Cycle Burn 7:00 – 7:45am SRC Breezeway Roxy D. 15 people maximum	
Pop Pilates 12:00pm – 1:00pm Zoom ONLINE Faith M. Meeting ID: 921 5235 5742 Passcode: 955918	Abs & Glutes 12:15 – 1:00pm MPR A Ginger M. 35 people maximum	Yoga 11:00am – 12:00pm Zoom ONLINE Sara S. Meeting ID: 943 4928 9873 Passcode: 764368	Total Body Strength 12:15 – 1:00pm MPR A Ginger M. 35 people maximum	Yoga 1:00 – 2:00pm MPR B Yvonne M. 15 people maximum <i>Starting January 14</i>
	Take a Break 3:00 – 3:15pm Zoom ONLINE Monica P. Meeting ID: 957 7355 0625 Passcode: 171592			
	Yoga 5:00 – 6:00pm MPR B Yvonne M. 15 people maximum <i>Starting January 11</i>		Barre Fusion 5:15 – 6:00pm MPR A Bree P. 35 people maximum	
Cardio Kickboxing 5:15 – 6:00pm MPR A Margareta S. 35 people maximum	Dancilates 5:15 – 6:00pm MPR A Bree P. 35 people maximum	Zumba® 5:15 – 6:00pm MPR A Leila M. 35 people maximum	Yoga N' Mind 5:30 – 6:30pm Zoom ONLINE Sara S. Meeting ID: 955 2827 1882 Passcode: 258840	HIIT Strength 5:15 – 6:00pm MPR A Ivanna D. 35 people maximum
Abs & Glutes 5:30 – 6:15pm MPR E Kendra G. 25 people maximum	Zumba® 6:15 – 7:00pm MPR A Jessica S. 35 people maximum	Cycle Burn 5:30 – 6:15pm SRC Breezeway Roxy D. 15 people maximum	STRONG Nation® 6:15 – 7:15pm MPR A Jessica S. 35 people maximum	Yoga 6:00 – 7:00pm MPR E Casey R. 25 people maximum
STRONG Nation® 6:15 – 7:15pm MPR A Margareta S. 35 people maximum	Yoga 6:30 – 7:30pm Zoom ONLINE Fania Meeting ID: 977 2051 7711 Passcode: 529198	Kickbox Conditioning 6:30 – 7:15pm MPR E Kendra G. 25 people maximum	Yoga Sculpt 6:30 – 7:30pm MPR E Kay G. 25 people maximum	

Holidays – No classes
 Monday, January 17
 Monday, February 21

Class Cancellations – Event Reservations
 Yoga 5:00pm – 6:00pm
 Tuesday, February 1

March 14 – March 18, 2022
Finals Week

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Take a Break 3:00 – 3:15pm Zoom ONLINE Monica P. Meeting ID: 957 7355 0625 Passcode: 171592</p>			<p>Yoga 1:00 – 2:00pm MPR B Yvonne M. 15 people maximum</p>
<p>Cardio Kickboxing 5:15 – 6:00pm MPR A Margareta S. 35 people maximum</p>	<p>Yoga 5:00 – 6:00pm MPR B Yvonne M. 15 people maximum</p>	<p>Zumba® 5:15 – 6:00pm MPR A Leila M. 35 people maximum</p>	<p>Barre Fusion 5:15 – 6:00pm MPR A Bree P. 35 people maximum</p>	<p>HIIT Strength 5:15 – 6:00pm MPR A Ivanna D. 35 people maximum</p>
<p>Abs & Glutes 5:30 – 6:15pm MPR E Kendra G. 25 people maximum</p>	<p>Zumba® 6:15 – 7:00pm MPR A Jessica S. 35 people maximum</p>	<p>Kickbox Conditioning 6:30 – 7:15pm MPR E Kendra G. 25 people maximum</p>	<p>STRONG Nation® 6:15 – 7:15pm MPR A Jessica S. 35 people maximum</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

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!

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!

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.