



► GRAVITY GTS MACHINES  
SCHEDULED TO ARRIVE  
MASTER TRAINING JULY 23-25  
..... 1

☺ Fall/Winer    ○ 07/08



► ZUMBA CLASS  
THANKSGIVING BREAK IN  
THE SRC..... 1



► MEET THE PERSONAL  
TRAINERS. .... 2

# Fitness focus

## University of Idaho Wellness Programs

Gravity you may have heard the instructors talking about it, but what does it mean? The GTS is a gravity-training machine that uses an individual's body weight as resistance with a cable and pulley system and a free-motion glideboard. Unlike other weight machines, the GTS works with you, rather than against you.



### THE GRAVITY SYSTEM®

It's building excitement in the fitness industry by combining an all-in-one functional, resistance training machine – the GTS – with 30-minute total body strength training classes. It engages all major muscle groups and facilitates more than 250 exercises. Able to adjust to nine different levels of resistance, it's ideal for novice exercisers, and challenging for those looking to strengthen and sculpt the body.

stretch and contract in the same motion, and facilitates functional resistance, resulting in a fun and efficient 30-minute workout.”

Rob Glick, regional group fitness director for Crunch Mission Viejo says, “members are enthused about its variety of programming – especially since they can get their entire workout done quickly in one place, on one machine.” “This system is a real bonus for our members,” said Sarah Nemecek, fitness director, The Jungle Club in Vero Beach, Florida. “It is terrific for people who are intimidated by large machines, free weights, and for those who like a group setting. Many members who didn't have time to strength train before can now enjoy maximum benefits with a shorter time commitment. The GTS allows you to quickly move from one exercise to another; lets your muscles

The GTS provides an excellent form of functional exercise, which the American Council on Exercise (ACE) cites as one of 2004's most important fitness trends. According to ACE, functional resistance training “...focuses on exercising several muscles and joints together rather than working a particular muscle or group of muscles in isolation. This approach to strength training will result in individuals being able to perform their daily activities and recreational pursuits with greater ease and less discomfort.” It's like “sports-specific” training for everyday activity, says ACE's Christine Ekeroth. Pilates, Personal Training and Post-Rehab programs are also offered on the GTS machine. “This makes Pilates more accessible to the masses,” says Glick, “and makes personal training sessions in small groups affordable.”

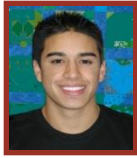


**Join us for special preview class  
over the Thanksgiving Break!**

We will then begin holding regular zumba classes starting this spring. Join in the fun!

What is Zumba, it is a fusion of fitness and Latin Dance. Do you love floor aerobics, salsa, or body toning? If so you will love Zumba. Dance and lose those inches while having a great time.

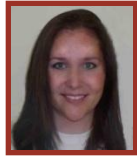
# Meet our Certified Personal Trainers



Nolan Crusat



Julie Fairley



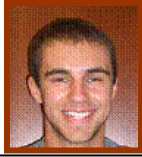
Lexi Hines



Kristin Harwood



Kiya Knight



Jesse Legoll



Jessica Martin



Giselle Pittard



Annie Rench



Peg Hamlett

## Why we hire only Certified Personal Trainers

Personal training can never be an effective tool for achieving optimal health and fitness if it is not first and foremost safe for the client. A professional certification should provide the client assurance that he/she is working with a trainer who has the knowledge to provide a safe and effective workout. But not just any certification will do. A certified fitness professional will have demonstrated on an examination the skills and knowledge required to provide those services. A certified trainer is also required to take approved continuing education in order to maintain and improve their knowledge and skills. Unfortunately, many people called "trainers" don't have these competencies or requirements.

Some fitness certifications are solid credentials, but many others are not. Some are nothing more than completion certificates for continuing education or specialty training—which are fine in themselves, but not certifications. Others are just brief, in-house staff training in health clubs or other locations. The UI Wellness Program only hires instructors who are certified from a nationally recognized organization and have tested their skills to provide you with the most knowledgeable trainers.

**Want to earn  
your  
certification?**

ACE is now being offering computer based testing for Personal Trainer and Group Fitness Instructor twice a month at the UI. Visit [www.acefitness.org](http://www.acefitness.org)



**Attend One Wellness Class Free**

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Date \_\_\_\_\_ Class \_\_\_\_\_

Please fill out completely and give this to the instructor at the beginning of class. Only one per person, please.

*Expires January 30, 2008*

## Wellness Program FAQ

### What is the "Employee Wellness Program" that is being offered in the new benefits package?

The Employee Wellness Program provides employees access to all of the Wellness programs offered through Campus Recreation. Wellness has a variety of offerings which include over 100 activity classes a week and use of the SRC at designated times. Our classes range from basic weight training to tai chi, dance classes, step aerobics, walking programs, yoga, Pilates and much more. We try to have a variety of intensity levels to accommodate every fitness level. We also offer 30 minute, 50 minute and 75 minute classes to allow you the opportunity to work within your schedule and some classes are offered at Memorial Gym if you find that location more convenient. We also offer Wellness and Lifestyle Coaching, as well as cooking classes. All of our trainers and instructors hold national certifications in what they teach so we take pride in offering classes that are not only fun, but safe for all individuals.

**Can I use the SRC?** Your wellness pass is not an SRC pass, but we do offer classes that allow for your use of the facility and equipment during designated time periods. Hours that fall under this generally M-F 6:15 am to 7:45 am M-Sat from 11:15 am to 1:45 pm. These times allow you access to the SRC and access to certified personal Trainers that can help you learn how to use the equipment and how to set up a workout program.

### Does this program give me access to the SRC?

The Wellness program is not an SRC membership but you are allowed to utilize the weight and cardio areas during Weights and Cardio Classes. The Wellness pass does allow you access to the SRC to attend classes that are offered in the SRC. Many of these classes do utilizing the state-of-the-art equipment and various facility components that keep our classes invigorating and exciting. Class participants are entitled to locker room services, including towel service.

### What are my options?

For the Moscow Campus your options are:

Wellness Program no additional cost to employee

Combined SRC Membership and Wellness Program \$10.50 bi-weekly deduction (University is contributing \$5.50)

SRC Membership only \$6.43 payroll deduction bi-weekly (University is contributing \$5.50)

