

MobileFit - Fall 2018 Schedule

October 1 - December 7th, 2018 (10 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>StretchWell 12:15 - 12:45 p.m. Olmsted Hall Contact: crystal.petrini@ucr.edu</p>	<p>GetFit 12:15 - 12:45 p.m. HR, University Village, suite 207 Contact: melissa.garrety@ucr.edu</p>	<p>StretchWell 12:15 to 12:45 p.m. Sproul Hall 1215 Contact: susan.komura@ucr.edu</p>	<p>CoreFit 1:30 - 2:00 p.m. Physics Building, 3rd floor reading room 3035 Contact: derek.beving@ucr.edu</p>	<p>Kickboxing 12:15 - 12:45 p.m. Bannockburn J102 Contact: penni.ebina@ucr.edu</p>
<p>Combo - GetFit/CoreFit 12:10 - 12:50 p.m. Anderson Hall Basement room 021 Contact: william.manes@ucr.edu</p>	<p>GetFit 12:15 - 12:45 p.m. Registrar Student Services Building, Room 2201 Contact: melinda.miller@ucr.edu</p>	<p>CoreFit 12:15 - 12:45 p.m. Physics Building, 3rd floor reading room 3035 Contact: derek.beving@ucr.edu</p>	<p>Combo- Get Fit/Core Fit 12:15- 12:45 p.m. College Bldg. North, Room 205 Contact: joyleen.ashburn@ucr.edu</p>	<p>Combo- GetFit/CoreFit 12:15 - 12:45 p.m. Anderson Hall Basement Room 021 Contact: william.manes@ucr.edu</p>
<p>CoreFit 12:05 - 12:50 p.m. C&C Building, room 119 Contact: charlene.chan@ucr.edu</p>	<p>CoreFit 1:30 - 2:00 p.m. Physics Building, 3rd Floor reading room 3035 Contact: derek.beving@ucr.edu</p>	<p>Combo- GetFit/CoreFit 12:15 - 12:45 p.m. Anderson Hall Basement room 021 Contact: william.manes@ucr.edu</p>	<p>GetFit 12:15 - 12:45 p.m. Intellicenter - UC Path Contact: michelle.matthews@ucop.edu</p>	<p>StretchWell - Modified 12:15 - 12:45 p.m. Registrar Student Services Bldg. 2201 Contact: melinda.miller@ucr.edu</p>
<p>NEW Hula 12:15 - 12:45 p.m. Bannockburn J102 Contact: penni.ebina@ucr.edu</p>	<p>Combo - GetFit/CoreFit 12:15pm - 12:45 p.m. College Bldg. North, room 205 Contact: joyleen.ashburn@ucr.edu</p>	<p>Combo: CoreFit/StretchWell 10:00 - 10:30 a.m. SRC MPR B Contact: jescelyn.villarreal@ucr.edu</p>	<p><i>To participate, please email the contact person for that class. For more information please contact, Nicole Vargas at (951) 827-5082 or email nicole.vargas@ucr.edu</i></p>	
<p>Yoga 12:15 - 12:45 p.m. University Village, Suite 207 Contact: Melissa.garrety@ucr.edu</p>	<p>GetFit 12:15 - 12:45 p.m. Intellicenter- UC Path Contact: Carie.wilkens@ucr.edu</p>	<p>StretchWell 12:15 - 12:45 p.m. Bannockburn J102 Contact: penni.ebina@ucr.edu</p>		
	<p>Chair Massage Dates: Oct. 2, 16, 30, Nov. 13, 27 Olmsted Hall 12:00 - 2:00 p.m. Contact: Nicole.vargas@ucr.edu Registration Required</p>	<p>CoreFit 12:05- 12:35 p.m. C&C Building, Room 119 Contact: charlene.chan@ucr.edu</p>		

CLASS FORMATS:

GetFit

A great total body workout that incorporates cardiovascular training and resistance training in one complete workout.

CoreFit

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

StretchWell

This workout combines stretching, relaxation, and meditation exercises to reinvigorate you and give you energy throughout the day.

StairFit

This total body workout utilizes the stairs to strengthen your body with cardio and strength intervals. All fitness levels are encouraged to join.

COMING SOON: StepFit

Burn calories, surpass your daily step goal and enjoy the great outdoors. Take a walk at a fat-burning pace led by your Mobile Fit instructor.

For more information please contact, Nicole Vargas at (951) 827-5082 or email nicole.vargas@ucr.edu