## MobileFit - Spring 2018 Schedule
### April 2 - June 8 (10 weeks)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| StretchWell 12:15 - 12:45p.m.  
Pierce Hall, room 1305  
Contact: maira.mercado@ucr.edu | GetFit 12:15 - 12:45p.m.  
HR, University Village, suite 207  
Contact: melissa.garrety@ucr.edu | StretchWell 12:15 - 12:45p.m.  
Sproul Hall, room 1215  
Contact: linda.sanada@ucr.edu | CoreFit 1:30 - 2:00p.m.  
Physics Building, 3rd floor reading room 3035  
Contact: derek.beving@ucr.edu | GetFit 12:15 - 12:45p.m.  
Bannockburn J102  
Contact: penni.ebina@ucr.edu |
| Combo - GetFit/CoreFit 12:15 - 12:45p.m.  
Anderson Hall basement room 021  
Contact: william.manes@ucr.edu | GetFit 12:15 - 12:45p.m.  
Registrar Student Services Building, Room 2201  
Contact: melinda.miller@ucr.edu | CoreFit 12:15 - 12:45p.m.  
Physics Building, 3rd floor reading room 3035  
Contact: derek.beving@ucr.edu | NEW: Chair Massage (Every other Thursday)  
12:00 - 2:00p.m.  
Registrar Student Services Bldg. 2201  
REGISTRATION REQUIRED  
Contact: nicole.vargas@ucr.edu | Combo - GetFit/CoreFit 12:15 - 12:45p.m.  
Anderson Hall basement Room 021  
Contact: william.manes@ucr.edu |
| Belly Dancing 12:15 - 12:45p.m.  
Bannockburn J102  
Contact: penni.ebina@ucr.edu | CoreFit 1:30 - 2:00p.m.  
Physics Building, 3rd Floor reading room 3035  
Contact: derek.beving@ucr.edu | Combo - GetFit/CoreFit 12:15 - 12:45p.m.  
Anderson Hall basement room 021  
Contact: william.manes@ucr.edu | Get Fit 12:15 - 12:45p.m.  
Intellicenter  
Contact: carie.wilkens@ucr.edu | StretchWell - Modified 12:15 - 12:45p.m.  
Registrar Student Services Bldg. 2201  
Contact: melinda.miller@ucr.edu |
| CoreFit 12:05 - 12:50p.m.  
C&C building, room 119  
Contact: charlene.chan@ucr.edu | Combo - GetFit/CoreFit 12:15pm - 12:45p.m.  
College bldg. north, room 205  
Contact: joyleen.ashburn@ucr.edu | Combo: CoreFit/StretchWell 10:00 - 10:30a.m.  
SRC MPR C  
Contact: jescelyn.villarreal@ucr.edu | Combo-Get Fit/Core Fit 12:05 – 12:35p.m.  
College Bldg. North, room 205  
Contact: joyleen.ashburn@ucr.edu | |
| NEW StairFit 12:15 - 12:45p.m.  
Arts Building Stairs  
Contact: nancy.marr@ucr.edu | GetFit 12:15 - 12:45p.m.  
EHS  
Contact: beiwei.tu@ucr.edu | StretchWell 12:15 - 12:45pm  
Bannockburn J102  
Contact: penni.ebina@ucr.edu | StretchWell 11:30 - 12:00pm  
TAPS  
Contact: christine.sanchez@ucr.edu | |
| StretchWell - Modified 12:15 - 12:45p.m. | GetFit 12:15 - 12:45p.m.  
EHS  
Contact: beiwei.tu@ucr.edu | Core Fit 12:05- 12:35pm  
C&C Building, room 119  
Contact: charlene.chan@ucr.edu | | |

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
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