

# MobileFit - Winter 2018 Schedule

January 8 - March 16 (10 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CoreFit</b> 12:15 - 12:45p.m. Physics Building, 3rd Floor Reading room 3035 Contact: <a href="mailto:derek.beving@ucr.edu">derek.beving@ucr.edu</a>	<b>NEW: Chair Massages</b> (Every other Tuesday) 12:00 - 1:00p.m. Bannockburn J102 REGISTRATION REQUIRED Contact: <a href="mailto:nicole.vargas@ucr.edu">nicole.vargas@ucr.edu</a>	<b>StretchWell</b> 12:15 - 12:45p.m. 1215 Sproul Hall Contact: <a href="mailto:linda.sanada@ucr.edu">linda.sanada@ucr.edu</a>	<b>CoreFit</b> 1:30 - 2:00p.m. Physics Building, 3rd floor Reading room 3035 Contact: <a href="mailto:derek.beving@ucr.edu">derek.beving@ucr.edu</a>	<b>GetFit</b> 12:15 - 12:45p.m. Bannockburn J102 Contact: <a href="mailto:penni.Ebina@ucr.edu">penni.Ebina@ucr.edu</a>
<b>StretchWell</b> 12:15 - 12:45p.m. Pierce Hall Room 1305 Contact: <a href="mailto:maira.mercado@ucr.edu">maira.mercado@ucr.edu</a>	<b>StretchWell</b> 8:00am - 8:30a.m. Lobby of Student Health Contact: <a href="mailto:elizabeth.mondragon@ucr.edu">elizabeth.mondragon@ucr.edu</a>	<b>CoreFit</b> 12:05 - 12:35p.m. C&C building Room 155 Contact: <a href="mailto:charlene.chan@ucr.edu">charlene.chan@ucr.edu</a>	<b>NEW: Chair Massage</b> (Every other Thursday) 12:00 - 1:00p.m. Sproul Hall 1339 REGISTRATION REQUIRED Contact: <a href="mailto:nicole.vargas@ucr.edu">nicole.vargas@ucr.edu</a>	<b>Modified StretchWell</b> 12:15 - 12:45p.m. Registrar Student Services Building, 2201 Contact: <a href="mailto:melinda.miller@ucr.edu">melinda.miller@ucr.edu</a>
<b>Combo - GetFit/CoreFit</b> 12:15 - 12:45p.m. Anderson Hall Basement Room 021 Contact: <a href="mailto:william.manes@ucr.edu">william.manes@ucr.edu</a>	<b>GetFit</b> 12:15 - 12:45p.m. Registrar Student Services Building, Room 2201 Contact: <a href="mailto:melinda.miller@ucr.edu">melinda.miller@ucr.edu</a>	<b>Combo- GetFit/CoreFit</b> 12:15 - 12:45p.m. Anderson Hall basement Room 021 Contact: <a href="mailto:william.manes@ucr.edu">william.manes@ucr.edu</a>		<b>Combo- GetFit/CoreFit</b> 12:15 - 12:45p.m. Anderson Hall basement Room 021 Contact: <a href="mailto:william.manes@ucr.edu">william.manes@ucr.edu</a>
<b>Belly Dancing</b> 12:15 - 12:45p.m. Bannockburn J102 Contact: <a href="mailto:penni.ebina@ucr.edu">penni.ebina@ucr.edu</a>	<b>CoreFit</b> 1:30 - 2:00p.m. Physics Building, 3rd Floor Reading room 3035 Contact: <a href="mailto:derek.beving@ucr.edu">derek.beving@ucr.edu</a>	<b>Combo: CoreFit/StretchWell</b> 10:00 - 10:30a.m. SRC MPR C Contact: <a href="mailto:jescelyn.villarreal@ucr.edu">jescelyn.villarreal@ucr.edu</a>		<b>StretchWell</b> 12:15 - 12:45p.m. HR, University Village Suite 207 Contact: <a href="mailto:nicole.vargas@ucr.edu">nicole.vargas@ucr.edu</a>
<b>CoreFit</b> 12:05 - 12:50p.m. C&C building Room 155 Contact: <a href="mailto:charlene.chan@ucr.edu">charlene.chan@ucr.edu</a>	<b>Combo - GetFit/CoreFit</b> 12:15pm - 12:45p.m. College bldg. north Room 205 Contact: <a href="mailto:joy.ashburn@ucr.edu">joy.ashburn@ucr.edu</a>	<b>StretchWell</b> 12:15 - 12:45pm Bannockburn J102 Contact: <a href="mailto:penni.ebina@ucr.edu">penni.ebina@ucr.edu</a>		
	<b>StretchWell</b> 12:15 - 12:45p.m. EHS Contact: <a href="mailto:beiwei.tu@ucr.edu">beiwei.tu@ucr.edu</a>			
	<b>GetFit</b> 12:15 - 12:45p.m. HR, University Village Suite 207 Contact: <a href="mailto:melissa.garrety@ucr.edu">melissa.garrety@ucr.edu</a>			



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](mailto: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.

### **COMING SOON: 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](mailto:nicole.vargas@ucr.edu).***