

MobileFit - Winter 2018 Schedule

January 8 - March 16 (10 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CoreFit 12:15 - 12:45p.m. Physics Building, 3rd Floor Reading room 3035 Contact: derek.beving@ucr.edu</p>	<p>NEW: Chair Massages (Every other Tuesday) 12:00 - 1:00p.m. Bannockburn J102 REGISTRATION REQUIRED Contact: nicole.vargas@ucr.edu</p>	<p>StretchWell 12:15 - 12:45p.m. 1215 Sproul Hall Contact: linda.sanada@ucr.edu</p>	<p>CoreFit 1:30 - 2:00p.m. Physics Building, 3rd floor Reading room 3035 Contact: derek.beving@ucr.edu</p>	<p>GetFit 12:15 - 12:45p.m. Bannockburn J102 Contact: penni.Ebina@ucr.edu</p>
<p>StretchWell 12:15 - 12:45p.m. Pierce Hall Room 1305 Contact: maira.mercado@ucr.edu</p>	<p>GetFit 12:15 - 12:45p.m. HR, University Village Suite 207 Contact: melissa.garrety@ucr.edu</p>	<p>CoreFit 12:05 - 12:35p.m. C&C building Room 119 Contact: charlene.chan@ucr.edu</p>	<p>NEW: Chair Massage (Every other Thursday) 12:00 - 1:00p.m. Sproul Hall 1339 REGISTRATION REQUIRED Contact: nicole.vargas@ucr.edu</p>	<p>Modified StretchWell 12:15 - 12:45p.m. Registrar Student Services Building, 2201 Contact: melinda.miller@ucr.edu</p>
<p>Combo - GetFit/CoreFit 12:15 - 12:45p.m. Anderson Hall Basement Room 021 Contact: william.manes@ucr.edu</p>	<p>GetFit 12:15 - 12:45p.m. Registrar Student Services Building, Room 2201 Contact: melinda.miller@ucr.edu</p>	<p>Combo- GetFit/CoreFit 12:15 - 12:45p.m. Anderson Hall basement Room 021 Contact: william.manes@ucr.edu</p>		<p>Combo- GetFit/CoreFit 12:15 - 12:45p.m. Anderson Hall basement Room 021 Contact: william.manes@ucr.edu</p>
<p>Belly Dancing 12:15 - 12:45p.m. Bannockburn J102 Contact: penni.ebina@ucr.edu</p>	<p>CoreFit 1:30 - 2:00p.m. Physics Building, 3rd Floor Reading room 3035 Contact: derek.beving@ucr.edu</p>	<p>Combo: CoreFit/StretchWell 10:00 - 10:30a.m. SRC MPR C Contact: jescelyn.villarreal@ucr.edu</p>		<p>StretchWell 12:15 - 12:45p.m. HR, University Village Suite 207 Contact: nicole.vargas@ucr.edu</p>
<p>CoreFit 12:05 - 12:50p.m. C&C building Room 119 Contact: charlene.chan@ucr.edu</p>	<p>Combo - GetFit/CoreFit 12:15pm - 12:45p.m. College bldg. north Room 205 Contact: joy.ashburn@ucr.edu</p>	<p>StretchWell 12:15 - 12:45pm Bannockburn J102 Contact: penni.ebina@ucr.edu</p>		
<p>NEW StairFit 12:15 - 12:45p.m. Arts Building Stairs Contact: nancy.marr@ucr.edu</p>	<p>StretchWell 12:15 - 12:45p.m. EHS Contact: beiwei.tu@ucr.edu</p>			
	<p>GetFit 12:15 - 12:45p.m. Intellicenter Contact: Carie.wilkens@ucr.edu</p>			



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.

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.

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