

Cooking Well and FitWell Programming – Summer 2021

Cooking Well

DIY Charcuterie Board

Quick video on what you need to make the perfect charcuterie board for that summer get together or picnic.

June 23, on TikTok

Please visit the SRC TikTok at <https://www.tiktok.com/@ucsrc>

DIY Caprese Appetizer

Quick video on how to make a caprese appetizer for that summer get together or picnic.

July 7, on IG Reel and TikTok

Please visit the SRC Instagram at <https://www.instagram.com/ucsrc/> or

the SRC TikTok at <https://www.tiktok.com/@ucsrc>

Gazpacho

Quick video on how to make a gazpacho a perfect soup for that summer get together or picnic.

August 11, IG Reel and TikTok

Please visit the SRC Instagram at <https://www.instagram.com/ucsrc/> or

the SRC TikTok at <https://www.tiktok.com/@ucsrc>

Cucumber & Lemon Dill Cream Cheese Tea Sandwiches

Quick video on how to make these perfect tea sandwiches for that summer get together or picnic.

August 25, on IG Reel and TikTok

Please visit the SRC Instagram at <https://www.instagram.com/ucsrc/> or

the SRC TikTok at <https://www.tiktok.com/@ucsrc>

FitWell

Virtual Personal Training

Personal training is a great way to stay disciplined and be inspired while achieving real results. Visit our website to sign up for our in and out personal training sessions. Each personal training session is 30 minutes, and is available to UCR students, faculty, and staff. No SRC membership required. Contact michelle.sansone@ucr.edu for questions or visit <https://recreation.ucr.edu/fitwell/personaltraining>.

Three sessions - \$60

Six sessions - \$105

Ten sessions - \$170

UCRSRC – FitWell Schedule – Summer 2021

June 21 – August 28

Holidays – No classes on June 28 and July 5

Monday	Tuesday	Wednesday	Thursday	Friday
			Yoga Starting July 1 12:30-1:30pm Zoom Meeting ID: 943 4928 9873 Passcode: 764368 https://bit.ly/2Zvf5Ps	Chair Yoga July 16, 30 Aug 13, 27 12:00-1:00pm Zoom Meeting ID: 949 8640 1886 Passcode: 683348 https://bit.ly/3u9gZ6g
	Take a Break 3:00-3:15pm Zoom Meeting ID: 957 7355 0625 Passcode: 171592 https://bit.ly/3udPylr		Take a Break 3:00-3:15pm Zoom Meeting ID: 957 7355 0625 Passcode: 171592 https://bit.ly/3udPylr	
Cardio Kickboxing 5:15 – 6:00pm Meeting ID: 935 2582 6520 Passcode: 482944 https://bit.ly/3s5dQCO	HIIT Fusion 5:15-5:45pm Zoom Meeting ID: 965 8288 2670 Passcode: 931834 https://bit.ly/2ZsBcG3	Cardio Kickboxing 5:15-6:00pm Zoom Meeting ID: 935 2582 6520 Passcode: 482944 https://bit.ly/3s5dQCO	Total Body Toning 5:15-6:00pm Zoom Meeting ID: 973 9098 7445 Passcode: 547657 https://bit.ly/3qy4q21	Zumba® 5:45-6:30pm Zoom Meeting ID: 916 5846 9381 Passcode: 265749 https://bit.ly/3dr1799
Zumba® 6:00-6:45pm Zoom Meeting ID: 916 5846 9381 Passcode: 265749 https://bit.ly/3dr1799		Abs and Glutes 6:00-6:45pm Zoom Meeting ID: 924 2361 2943 Passcode: 068150 https://bit.ly/3dqQF1M		
Total Body Toning 6:30 – 7:15pm Zoom Meeting ID: 986 4406 7800 Passcode: 793999 https://bit.ly/2ZsE6ur	Zumba® 6:30-7:15pm Zoom Meeting ID: 916 5846 9381 Passcode: 265749 https://bit.ly/3dr1799	Power Yoga 6:15pm – 7:15pm Zoom Meeting ID: 92085353070 Passcode: 270953 https://bit.ly/3u4fOoC	Yoga 6:30-7:30pm Zoom Meeting ID: 977 2051 7711 Passcode: 529198 https://bit.ly/2OHjBYM	
Pop Pilates 7:30-8:30pm Zoom Meeting ID: 921 5235 5742 Passcode: 955918 https://bit.ly/3u9s1Ze	Mat Pilates 7:30-8:15pm Zoom Meeting ID: 943 5226 4712 Passcode: 936315 https://bit.ly/3dtKzNV	Zumba® 6:45 – 7:30pm Zoom Meeting ID: 916 5846 9381 Passcode: 265749 https://bit.ly/3dr1799	Night Time Relaxation July 15, 22 August 5, 19, 26 7:15-8:00pm Zoom Meeting ID: 991 9940 1088 Passcode: 469143 https://bit.ly/3bxlglr	

CLASS DESCRIPTIONS

CARDIO CLASSES

Cardio Kickboxing: Integrate punches, kicks, blocks and combinations into this high intensity cardiovascular workout!

HIIT Fusion: Using strength and endurance, this hard-hitting and power pulsing class uses the mind-body connection to help you burn through calories and flow through motion in only 30 minutes.

Zumba®: Get your body moving with this Latin-inspired workout! Fun and easy to do moves will get your heart pumping. Dance your way to a fitter you!

FUSION CLASSES

Pop Pilates: This choreography-driven, ab-sculpting, core strengthening program puts a new spin on Pilates. With creative elements of cardio, strength, and upbeat tunes, your workout will have you dancing on the mat throughout the entire class!

TONING CLASSES

Abs and Glutes: It's the total core and glutes workout! This class focuses on functional abdominal work & lower body exercises!

Mat Pilates: This mixed-level Pilates class utilizes different movements and breathing techniques to provide core emphasized, whole body toning class.

Total Body Toning: Looking for a fun, challenging workout that will define your muscles and balance your physique? This highly efficient, full body workout will define and strengthen your muscles by constantly challenging your body using different workout modalities.

MIND/BODY CLASSES

Chair Yoga: Chair Yoga is designed to incorporate energizing breath-work and seated postures to stretch skeletal muscles, strengthen the body, and encourage a sense of openness. Take part in gentle yoga in this class made for all levels and abilities.

Power Yoga: Move through a vinyasa-style flow while maintaining muscle strengthening postures in a rhythm-based sequence. Build internal heat and reduce stress while increasing stamina, strength and flexibility.

Yoga: Each of our Yoga instructors has specialized in a different form of yoga. Our class styles can range from:

Hatha Yoga: Hatha yoga is a path toward creating balance and uniting opposites. Develop a balance of strength and flexibility while learning to balance your effort and surrender in each pose. Bring your attention to your breath, which helps to still the fluctuations of the mind and be more present in the unfolding of each moment.

Pranakriya Yoga: Wake your body up with Pranakriya! Each class is designed to include energizing breath work and postures that will stretch skeletal muscles, strengthen the body and encourage a sense of openness students can carry with them throughout the day.

Vinyasa Yoga: Vinyasa yoga connects the breath and movement through a flow of postures. It is a mindful practice designed to calm the mind and open the body, followed by targeted stretches designed to increase flexibility and release tension.

MASSAGE THERAPY

Night Time Relaxation: Join Massage Therapist Tracey Smith as she leads rest and relaxation in this rejuvenating series. Learn how to meditate and infuse aromatherapy and essential oils into your personal self-care practice. Bring your sense of humor, curious mind and questions, and get ready to dive into consciously creative discussions.

Take a Break: Need a moment away from your desk to stretch? Join Massage Therapist Monica as she instructs quick yet effective body alignment strategies to improve your posture and mood for the rest of the day!