Reminders

- Members and students are required to have their Bronc ID or SRC ID for admission. There are no exceptions to this rule.
- Due to increased volume, the facilities are reserved for active members only Sunday through Thursday after 5 p.m. Guests will not be permitted at this time. We apologize for any inconvenience.
- Members and guests are required to wear appropriate attire whilst using the facility. Shirts and closed-toe athletic shoes must be worn at all times.
- Secure your belongings! Personal locks are available at the front desk.
- Photography is strictly prohibited within the SRC without permission granted by the University.
- Reservations for group exercise classes begin half an hour before the scheduled class start time. Get your hand stamped to secure your spot!

For updates and news Follow us on twitter: @RiderUSRC
and Like us on Facebook: www.facebook.com/RiderUSRC

Hours of Operation

<table>
<thead>
<tr>
<th>SRC Fitness Center and Game Room</th>
<th>Richard A. Coppola Pool Open Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday through Thursday</td>
<td>6 a.m. to midnight</td>
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<tr>
<td>Friday</td>
<td>6 a.m. to 11:30 p.m.</td>
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<tr>
<td>Saturday and Sunday</td>
<td>9 a.m. to 11:30 p.m.</td>
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How to Keep your New Year’s Resolution

So it’s February and you’re a month into your New Year’s resolution; how are you doing? By now, you’re either still going strong, hitting the gym, eating healthy, and limiting your alcohol consumption. OR you could be starting to slip on what you wanted to accomplish. It’s hard making a resolution, especially if it’s that may be a big change from what you’ve been doing before. Maybe you’ve made this resolution before and this year you want to stick it out, or maybe this is the first time you’re trying something new and want to stick to it. Either way, here are some tips on how to keep your resolutions and pull through this year!

1. Be realistic: is this something you can actual accomplish at this point in your life?
2. Write it down: Always a reminder to keep going.
3. Be accountable: don’t make excuses!
4. Make it measurable: so you can see your progress!
5. Talk about it!: do you need help? A workout buddy?
6. Break it down into smaller goals: baby steps!
7. Reward yourself along the way!
8. Keep your eye on the prize!
9. Remind yourself of why you’re doing what you’re doing.
10. Keep trying until you get there!!!

The Only 5 Exercises You’ll Ever Need

Pick one move from each of the following categories, then do 2 sets of 12 reps. Change up the moves but repeat the plan 3-4 times a week.

1. PUSH
   - Best: Bench Press

2. PULL
   - Best: Pull-up
   - Alternatives: Dumbbell Row, chin-up, cable row, lat pull-down

3. HIP HINGE

Best: Deadlift
Alternatives: Kettlebell swing, Romanian deadlift

4. SQUAT
   - Best: Dumbbell split-squat
   - Alternatives: Barbell squat, goblet squat, lunge, reverse lunge

5. PLANK
   - Best: Plank
   - Alternatives: Side plank, bird-dog, farmers carry, suitcase carry

Fat Burning Finishers

To check off cardio add one of these five minute bursts to your 5 move session:

Do More Reps-Choose one of the five movements and preform as many reps as you can without breaking form for 5 min.

Go Farther-On a rowing machine, row as many meters as possible in 5 min.

Sprint Uphill-Set a treadmill to a slight incline (3-5%). Run as fast as you can for 30 seconds, then jog for 30 seconds at 5 mph. Repeat for 5 min.
In case your New Year’s Resolution was to stay healthy and not pack on the pounds with sweets, this is a healthy way to still celebrate Valentine’s Day with your someone special with something sweet!

These dark chocolate avocado truffles are healthy, cheap and super easy to make. This way you can have a romantic dessert on a budget that’s healthy and delicious. You can’t beat it! Just follow the instruction.

**Ingredients:**
- 6 oz dark chocolate (use a bar or chips that are around 70% cocoa)
- 1/3 cup mashed avocado (when you buy an avocado, make sure it’s tender and not hard)
- 1/2 teaspoon vanilla extract
- pinch of salt
- 2 tablespoons cocoa powder for the coating

**Instructions:**
Melt the chocolate either over the stove or in a microwave. Be careful and only put the chocolate in for 30 seconds. This will melt the chocolate but not burn it. Add the mashed avocado and stir until there are no lumps and the consistency is smooth and thick. Place the bowl in the fridge for about 20 minutes or until the batter is slightly firm to the touch. Once the chocolate is slightly firm, scoop out a tablespoon of the batter and roll into a ball and roll the balls into the cocoa powder and salt! Serve at room temperature.

Easy, healthy, cheap and delicious!
Enjoy!!

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**Take a Break From the Gym, GO SWIM!!**

If you’re tired of basic cardio like running, biking, or working the elliptical, try a workout that will kick your butt. Swimming is a full body workout that will test your endurance and your breathing. Just going to the pool once or twice a week, every week will show results that you might not get during other cardio workouts.

**Want Bigger Arms? Don’t Forget your Brachialis!**

Believe it or not, the spring season is fast approaching. Time to rip off those sleeves and show off the pythons you’ve been building all winter long. If you’re looking to add extra inches to your pipes, don’t neglect to train the often overlooked brachialis muscle. Located underneath the long and short heads of the bicep brachii muscles, your brachialis can maximize the peak of your bicep as well as the circumference. Training this muscle with a slow tempo and proper form will turn your noodle arms into full blown cannons in no time at all! The two exercises that activate the brachialis the best are the dumbbell hammer curl and the rope hammer curl. Integrate these bicep exercises into your training program and before you know it you’ll have the arms you’ve always dreamed of. Keep the rep range from 8-12 to induce hypertrophy and get ready to hand out tickets to your very own gun show.
# Spring Group Exercise Schedule

**1/26/2015-4/30/2015**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>Barre Toning</strong>&lt;br&gt;11:30am-12:15pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Hatha Yoga</strong>&lt;br&gt;12:00-1:00pm&lt;br&gt;<em>Studio 1</em></td>
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<tr>
<td><strong>Pilates</strong>&lt;br&gt;5:30-6:00pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Insanity®</strong>&lt;br&gt;5:30-6:30pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Rider Ride</strong>&lt;br&gt;5:30-6:30pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Fun on the Ball</strong>&lt;br&gt;5:30pm-6:00pm&lt;br&gt;<em>Studio 1</em></td>
</tr>
<tr>
<td><strong>Rider Ride</strong>&lt;br&gt;6:00-6:30pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Zumba®</strong>&lt;br&gt;6:30-7:30pm&lt;br&gt;<em>Court 2 or 3</em></td>
<td><strong>Butt &amp; Gut</strong>&lt;br&gt;6:30pm-7:00pm&lt;br&gt;<em>Court 2 or 3</em></td>
<td><strong>Upper Body Express</strong>&lt;br&gt;6:00pm-6:30pm&lt;br&gt;<em>Studio 1</em></td>
</tr>
<tr>
<td><strong>Butt &amp; Gut</strong>&lt;br&gt;6:30pm-7:00pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Kickboxing</strong>&lt;br&gt;7:30pm-8:30pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Vinyasa Yoga</strong>&lt;br&gt;7:00pm-8:00pm&lt;br&gt;<em>Studio 1</em></td>
<td><strong>Zumba</strong>&lt;br&gt;6:30pm-7:30 pm&lt;br&gt;<em>Court 2 or 3</em></td>
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**Classes Held at Westminster Choir Campus**

| Zumba/Zumba Toning– Monday, 7:00-8:00 pm with Donna<br>WWC class held in Seabrook Lounge | |

*Barre Toning*– Ballet Barre workout meets toning to get a lean, tone dancers body.  
*Butt & Gut*– a half hour of leg/gluteal and abdominal work that is sure to Blast you into shape.  
**Fun on the Ball**– using the stability ball and bosu ball you will challenge balance and kick up your heart rate while toning and sculpting your body.  
*Hatha Yoga*– a multi-level yoga class that helps increase flexibility, strength and focus.  
**Insanity**– Push your limits with this total body Max Interval Training workout that challenges you to keep your body working at maximum capacity. It is sure to get you into insane shape!  
**Kickboxing**– a fun cardio class that combines karate, boxing, and taekwondo. Guaranteed to increase your fitness level and reduce body fat.  
*Pilates*– A total body workout that focuses on the core and spine to create strength, length and flexibility.  
*Rider Ride*– Ride with us in this indoor cycling class which improves cardiovascular endurance and lower body strength.  
**Upper Body Express**– The ultimate 30 min upper body workout that will sculpt and tone your back, chest, arms and shoulders.  
*Vinyasa Yoga*– an active yoga class that helps increase flexibility, strength and focus. Students should be ready to work and sweat.  
**Zumba**– Meringue your way to fitness with a high energy Latin and International cardio.  
**Zumba/Zumba Toning**– 30 min of Zumba dancing followed by 30 mins for Zumba toning, which adds fun maraca-like weights for strength.

*Low Impact*