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

<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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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 actually 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

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.

The Flu is No Joke!!
Cold and flu season is upon us! With these frigid temperatures and everyone coming into close proximity with each other again, it’s very important to stay healthy. Here are some tips that you can use to stay well:
1. Wash your hands! These illnesses are spread by direct contact, so washing your hands frequently and thoroughly will help you stay germ free.
2. Drink plenty of fluids! Water helps to flush your system and keep you healthy.
3. Exercise regularly and eat plenty of fruits and vegetables! Keeping your body healthy helps boost your natural immune system.
4. Cut back on smoking and alcohol consumption! Smoking dries out your nasal passages and zaps your immune system, while drinking dehydrates the body.
5. Disinfect commonly used surfaces in your dorm room/home! Using an anti bacterial disinfectant on items such as your door-knob, telephone, and faucet helps prevent the spread of germs through direct contact please remember at the SRC to always sanitize the machines after your workout. Avoid close contact with other people and most importantly, if you are sick stay home! By staying home to rest, you will heal much more quickly and also prevent spreading your germs to others. Also get enough sleep; if you aren’t sleeping enough, your body will feel run down and your immune system will suffer. Taking care of your body will help your immune system work better. You may also want to take advantage of flu shots being offered by the health center this semester. Of course, if you get sick, call the health center or visit your home doctor.

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
Valentine’s Day White Chocolate Pop Corn

Want to enjoy a low calorie sweet treat on Valentine’s day, without getting side tracked? Try this white chocolate pop corn recipe! If you really want to watch the sugar intake, swap out the white chocolate for 70% Cocoa dark chocolate. You’ll still get the sweetness but not as much sugar!

INGREDIENTS:
- 12 ounces white chocolate
- 8 cups popped popcorn
- 1/2 tsp. salt
- Sprinkles

DIRECTIONS:
Heat chocolate in the microwave or a double boiler until melted.
Place the popcorn in a large bowl, and pour the melted chocolate over it. Then use a spoon to toss the popcorn gently until it is evenly coated with the chocolate. Spread the popcorn out evenly on a baking sheet covered with parchment, wax paper, or aluminum foil. Sprinkle evenly with the salt, then sprinkle with as many sprinkles and conversation hearts as you would like.
Let cool for 10 minutes or until the chocolate has hardened.
Break up into small pieces then serve or store in an airtight container for up to 1 week.

The Benefits of Working out with a Partner

Whether you train with someone or not, you may not know all the benefits of training with a partner. This holds big benefits; especially if you are new to the gym, training with someone can be just the right idea for you. There are three easy to understand benefits which are accountability, motivation and safety. Now accountability comes into play when you don’t feel like going to the gym. All you want to do is just lay down all day and be lazy, causing you to miss out on that workout. Now missing a workout once in a while won’t kill you, but once you start seeing it becoming a habit it can lead to a decrease in performance in the gym and laps in your diet; this is where lifting with someone helps.

Your partner will be that person you look forward to working out with and don’t want to disappoint and more than likely will get you to throw on those gym clothes and get to the gym.

Now accountability plays into motivation, but motivation is a little more different from accountability, because that motivation will make your time at the gym that much more productive. Now everyone is different, and some people may not like their partner screaming at them every set of every workout. You have to have a mutual agreement with your training partner as to what workouts and lifts you need that motivation. When you and the partner are on the same level and care for each other’s workouts, more than likely you’re going to leave the gym satisfied with the workout.

Now the biggest benefit of training with a partner is safety in the gym. If you or your partner both share a good sense of knowledge on the right and wrong ways to work out and use equipment, the workout will be that much better. The most common mistake many people make is lifting weight they may not be able to handle, so that’s where training with a partner will come in handy. Your partner will be able to keep you in check and tell you not to make that mistake, or you will hurt yourself. If all three benefits are used correctly, one may see more results and find themselves more satisfied with their workouts and overall health.

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.
# Student Recreation Center

## Spring Group Exercise Schedule


<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Hatha Yoga</td>
<td>Lifting 101</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-1:00pm</td>
<td>11:45am-12:45pm</td>
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<td></td>
</tr>
<tr>
<td>Studio 1</td>
<td>Weight Room</td>
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|                         |               |               |               |
| Rider Ride             | Insanity®     | Butt & Gut    | Insanity      |
| 5:30-6:30pm            | 5:30-6:30pm   | 5:30pm-6:00pm | 5:30pm-6:30pm|
| Studio 1               | Court 3       | Court 3       | Court 3       |

| Kick and Tone          | Cize           | Pilates        | Zumba         |
| 6:30-7:30pm            | 6:30-7:30pm    | 6:30pm-7pm    | 6:30pm-7:30pm|
| Studio 1               | Court 3       | Studio 1       | Court 3       |

| Zumba                   | Barre Toning   | Vinyasa Yoga   | PIYO          |
| 7:30pm-8:30pm           | 7:30pm-8:30pm | 7:15pm-8:15pm | 7:30pm-8:30pm|
| Court 3                 | Studio 1       | Studio 1       | Studio 1      |

### Classes Held at Westminster Choir Campus

- **Zumba/Zumba Toning** – Wednesday, 6:00-7:00 pm with Donna
  
  WWC class held in Seabrook Lounge

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**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.

Cize – Break down professionally choreographed dance routines step by step & before you know it you’ll be bustin out hip moves to the hottest music. It’s so fun you’ll forget you’re working out.

**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!

**Kick & Tone** – The perfect combination of cardio kickboxing and strength training. This class is guaranteed to increase your fitness level and tone your muscles.

**Lifting 101** – Get a great workout while learning proper technique and form. This workout will use barbells, free weights and body weight exercises to blast all muscle groups.

**Pilates** – A total body workout that focuses on the core and spine to create strength, length and flexibility.

**PIYO** – combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. A true fat-burning, low-impact workout that leaves your body looking lean, long, and incredibly defined.

**Rider Ride** – Ride with us in this indoor cycling class which improves cardiovascular endurance and lower body strength.

**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.

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*No GX Classes held during spring break (3/14-3/18)*

*The SRC reserves the right to cancel classes if attendance averages less than three participants over a three week period. Class schedules are subject to change.*

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**Low Impact**