

SRC Spring 2017 Fitness Session 2: March 6-April 30

Pick 2 Special! Purchase ANY 2 classes* and receive \$10 off your purchase and a free gift (while supplies last)!

Aerobics & Conditioning – Have Fun & Stay Fit!

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	Price (NM)	Item #
<input type="checkbox"/>	Barre, Evening	MW	6:00-6:50PM	SRC 256	Jenn	N/A	\$32	N/A	7225
<input type="checkbox"/>	Barre, Late Evening	MW	7:00-7:50PM	DU 101A	Tara	N/A	\$32	N/A	7291
<input type="checkbox"/>	Barre, Early Evening	TTh	5:00-5:50 PM	SRC 256	Krissy	N/A	\$32	N/A	7224
<input type="checkbox"/>	BodyPump, Noon Express	MWF	12-12:50PM	Smith 215	Haley	\$30	\$30	\$36	7228
<input type="checkbox"/>	BodyPump, Morning Express	TTh	7:10-8:00AM	SRC 256	Angie	N/A	\$28	N/A	7227
<input type="checkbox"/>	BodyPump, Evening Express	TTh	7:10-8:00PM	SRC 256	Heather	N/A	\$28	N/A	7226
<input type="checkbox"/>	BodyPump Saturday	Sat	10:15-11:15AM	SRC 256	Rotating Instructors	N/A	\$14	N/A	7229
<input type="checkbox"/>	Bootcamp, Morning	TTh	7:30-8:20AM	DU 101D	Emelee	N/A	\$21	N/A	7231
<input type="checkbox"/>	Bootcamp, Early Evening	MW	5:00-5:50PM	SRC 256	Severin	N/A	\$24	N/A	7234
<input type="checkbox"/>	Bootcamp, Early Evening	TTh	5:15-6:00PM	SRC 245	Ashley	N/A	\$21	N/A	7230
<input type="checkbox"/>	Climbing Conditioning	T	3:30-4:50 PM	Climbing Wall	Rotating Instructors	N/A	\$25	N/A	7253
<input type="checkbox"/>	Core Blast, Evening	MWF	6:00-6:30 PM	SRC 245	Gina	N/A	\$16	N/A	7232
<input type="checkbox"/>	Core Blast, Sunday	Sun	6:00-6:30 PM	SRC 256	Lindsay	N/A	\$12	N/A	7233
<input type="checkbox"/>	Insanity, Evening	TTh	6:10-7:00PM	SRC 245	Jenn	N/A	\$24	N/A	7235
<input type="checkbox"/>	Kettlebell Bootcamp	MW	6:00-6:50AM	SRC 245	Kate K	N/A	\$25	N/A	7238
<input type="checkbox"/>	Kettlebell, Express	MW	6:40-7:10 PM	SRC 245	Karly	N/A	\$18	N/A	7239
<input type="checkbox"/>	Kettlebell, Sunrise	TTh	6:00-6:50AM	SRC 245	Karly	N/A	\$25	N/A	7240
<input type="checkbox"/>	Kickboxing & Core	Sun	5:10-6:10PM	SRC 245	Sophie	N/A	\$14	N/A	7190
<input type="checkbox"/>	Kickboxing, Late Evening	TTh	7:10-8:00PM	SRC 245	Jenn	N/A	\$28	N/A	7242
<input type="checkbox"/>	Pink Gloves Boxing, Morning	MW	7:10-8:10AM	SRC 245	Jessica B & Melissa	N/A	\$48	N/A	7245
<input type="checkbox"/>	Pink Gloves Boxing, Late Evening	MW	7:20-8:25 PM	SRC 245	Molly St & Afshin	N/A	\$48	N/A	7244
<input type="checkbox"/>	Pink Gloves Boxing, Afternoon	TTh	4:00-5:00PM	SRC 245	Melissa & Jessica B	N/A	\$48	N/A	7243
<input type="checkbox"/>	Step and Core	TTh	12:00-1:00PM	Smith 115	Megan	\$12	\$12	\$18	7246
<input type="checkbox"/>	Zumba, Early Evening	MW	5:30-6:20PM	Smith 115	Kate B	\$24	\$24	\$29	7247
<input type="checkbox"/>	Zumba, Late Night	MW	8:10-9:00PM	SRC 256	Mariana	N/A	\$24	N/A	7250
<input type="checkbox"/>	Zumba, Late Evening	TTh	7:10-8:00PM	DU 101A	Sung	N/A	\$24	N/A	7249
<input type="checkbox"/>	Zumba Late Night	TTh	8:10-9:00PM	DU 101A	Kate B	N/A	\$24	N/A	7251
<input type="checkbox"/>	Women's Only Zumba	TTh	8:10-9:00PM	SRC 245	Jessie	N/A	\$24	N/A	7252

Aqua Fitness – Little Impact, Big Results

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Aqua Zumba	MWF	12:00-12:50PM	Gibb Pool	Rob	\$32	\$32	\$38	7223

Dance – No Experience Necessary

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Latin Dance	TTh	7:30-8:30PM	Smith 115	Natalia & Daniel	\$44	\$44	\$50	7254

Martial Arts – Improve Strength & Balance

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Taekwondo, Beginner	T	5:30-6:30PM	PEB 145	Kyle D	\$20	\$20	\$26	7274
<input type="checkbox"/>	Taekwondo	Th	5:30-6:30PM	PEB 145	Kyle D	\$20	\$20	\$26	7273
<input type="checkbox"/>	Aikido	W	5:00-7:00PM	PEB 145	Je & Eric	\$20	\$20	\$26	7271
<input type="checkbox"/>	Capoeira	W	6:45-8:15PM	Smith 215	Dyonne	\$20	\$20	\$26	7272

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Indoor Cycling – Challenging for ALL levels

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Cycle	TTh	5:15-6:00PM	SRC 252	Emily	N/A	\$28	N/A	7259
<input type="checkbox"/>	Spin, Sunrise	MWF	6:30-7:20AM	SRC 252	Heather & Jenn	N/A	\$26	N/A	7270
<input type="checkbox"/>	Spin HIIT, Early Evening	MW	5:00-5:30PM	SRC 252	Heather	N/A	\$24	N/A	7263
<input type="checkbox"/>	Spin, Endurance Blacklight Ride	MW	6:30-7:30PM	SRC 252	Angela	N/A	\$28	N/A	7261
<input type="checkbox"/>	Intro to Spin	MW	7:45-8:20PM	SRC 252	Denali	N/A	\$24	N/A	7260
<input type="checkbox"/>	Spin Night Ride	MW	8:30-9:20PM	SRC 252	Amy	N/A	\$26	N/A	7265
<input type="checkbox"/>	Spin, Sunrise	TTh	6:00-6:50AM	SRC 252	Bri	N/A	\$26	N/A	7269
<input type="checkbox"/>	Spin, Morning Ride	TTh	7:00-7:50AM	SRC 252	Leah	N/A	\$26	N/A	7264
<input type="checkbox"/>	Spin Evening	TTh	6:10-7:00PM	SRC 252	Molly S	N/A	\$26	N/A	7262
<input type="checkbox"/>	Spin Night Ride	TTh	8:10-9:00PM	SRC 252	Ashley	N/A	\$26	N/A	7266
<input type="checkbox"/>	Blacklight Ride	F	6:00-6:50 PM	SRC 252	Haley	N/A	\$14	N/A	7258
<input type="checkbox"/>	Spin Saturday	Sat	11:00-11:50AM	SRC 252	Melissa	N/A	\$14	N/A	7267
<input type="checkbox"/>	Spin Sunday	Sun	5:00-5:50PM	SRC 252	Melissa	N/A	\$14	N/A	7268

Mind Body – Energize & Stabilize

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Yoga, Noon Gentle	TTh	12:05-1:00PM	Smith 115	Deb	\$31	\$31	\$37	7282
<input type="checkbox"/>	Yoga, Endurance	MW	7:00-8:00 PM	SRC 256	Alex & Lindsay	N/A	\$36	N/A	7318
<input type="checkbox"/>	Yoga, Flow Afternoon	MW	4:00-4:50 PM	SRC 256	Katherine	N/A	\$32	N/A	7280
<input type="checkbox"/>	Yoga, Power	TTh	8:10-9:10 PM	SRC 256	Angela	N/A	\$36	N/A	7279
<input type="checkbox"/>	Yoga Flow	TTh	6:10-7:00 PM	SRC 256	Emily	N/A	\$34	N/A	7278
<input type="checkbox"/>	Yoga, Sunrise	TTh	6:10-7:00 AM	SRC 256	Emma	N/A	\$32	N/A	7284
<input type="checkbox"/>	Yoga, Power Sunday	Sun	6:40-7:40PM	SRC 256	Lindsay	N/A	\$15	N/A	7283
<input type="checkbox"/>	Intro to Yoga	MW	6:00-6:50PM	DU 101 A	Emma	N/A	\$32	N/A	7275
<input type="checkbox"/>	Pilates, Morning	MWF	7:00-7:50AM	SRC 256	Danika	N/A	\$36	N/A	7277
<input type="checkbox"/>	Pilates	TTh	7:00-7:50AM	DU 101A	Tara	N/A	\$32	N/A	7276

TRX – The Ultimate Functional Workout

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	TRX, Early Evening	MW	5:00-5:50 PM	SRC 245	Jasmine	N/A	\$24	N/A	8356
<input type="checkbox"/>	TRX, Evening	TTh	6:10-7:00PM	DU 101 A	Kim	N/A	\$24	N/A	7287
<input type="checkbox"/>	TRX, Turbo	TTh	12:10-12:50PM	SRC 245	Jonathan	N/A	\$19	N/A	7290
<input type="checkbox"/>	TRX, Sunday	Sun	4:00-4:50PM	SRC 245	Miguel	N/A	\$12	N/A	7289

Gravity – Over 100 Moves to Build Strength

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Gravity Express	MW	5:45-6:15PM	SRC 252	Lindsay	N/A	\$26	N/A	7255
<input type="checkbox"/>	Gravity Noon	MWF	12:10-12:50PM	SRC 252	Krissy	N/A	\$29	N/A	7257
<input type="checkbox"/>	Gravity, Late Evening	TTh	7:10-8:00PM	SRC 252	Angela	N/A	\$30	N/A	7256

CrossFit - Forging Elite Fitness

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Intro to CrossFit	MW	5:00-6:00PM	DU101D	TBD	N/A	\$50	N/A	7322
<input type="checkbox"/>	Intro to CrossFit	TTh	5:00-6:00PM	DU101D	TBD	N/A	\$50	N/A	7323

Adult Swim Lesson Classes - Learn a Life-Long Skill

	Class	Days	Time	Location	Price (M)	Price (NM)	Item #
<input type="checkbox"/>	Fitness Swimming	F	6:00-7:00AM	Smith Pool	\$25	\$35	8328
<input type="checkbox"/>	Fitness Swimming	MW	6:00-7:00AM	Smith Pool	\$45	\$55	8329
<input type="checkbox"/>	Adult Beginner Swim Lessons	TH	6:15-7:00PM	Smith Pool	\$45	\$55	8330
<input type="checkbox"/>	Adult Beginner Swim Lessons	T	5:30-6:15PM	Smith Pool	\$45	\$55	8332
<input type="checkbox"/>	Adult Intermediate Swim Lessons	TH	5:30-6:15PM	Smith Pool	\$45	\$55	8331
<input type="checkbox"/>	Adult Intermediate Swim Lessons	T	6:15-7:00PM	Smith Pool	\$45	\$55	8333
<input type="checkbox"/>	Women's Only Beginner Swim Lessons	MW	5:30-6:15PM	Smith Pool	\$45	\$55	8334
<input type="checkbox"/>	Women's Only Beginner Swim Lessons	W	6:15-7:00PM	Smith Pool	\$45	\$55	8336
<input type="checkbox"/>	Women's Only Intermediate Swim Lessons	M	6:15-7:00PM	Smith Pool	\$45	\$55	8337
<input type="checkbox"/>	Women's Only Intermediate Swim Lessons	W	5:30-6:15PM	Smith Pool	\$45	\$55	8338

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