



Spring 2017 Fitness Session 2

All Fitness classes housed in the Chinook have moved to alternate locations. Classes located in Smith 115, Smith 215, or Yoga Lodge will move to their designated Chinook locations in early April. Classes housed in Chinook only will begin in early April and end April 30.

Classes are **FREE** to Chinook members through the end of spring semester. Pre-registration is not required, and class space is available on a first come, first served basis.

Aerobics & Conditioning – Have Fun & Stay Fit!

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	Price (NM)	Item #
<input type="checkbox"/>	BodyPump, Early Evening	MWF	5:30-6:30PM	Smith 215/Chinook 30	Bri	\$0	N/A	N/A	7292
<input type="checkbox"/>	BodyPump, Evening	TTh	5:30-6:30PM	Smith 215/Chinook 30	Denali	\$0	N/A	N/A	7293
<input type="checkbox"/>	BodyPump Sunday	Sun	5:00-6:00PM	Smith 215/Chinook 30	Bri	\$0	N/A	N/A	7294
<input type="checkbox"/>	Core Blast, Morning	TTh	7:30-8:00AM	Smith 215/Chinook 20	Gina	\$0	N/A	N/A	7295
<input type="checkbox"/>	20/20/20, Early Evening	MW	5:00-6:00PM	Chinook 20*	Benji	\$0	N/A	N/A	7184
<input type="checkbox"/>	20/20/20, Saturday	Sat	10:00-11:00AM	Chinook 20*	Jenn	\$0	N/A	N/A	7186
<input type="checkbox"/>	20/20/20, Sunday	Sun	5:00-6:00PM	Chinook 20*	Molly S	\$0	N/A	N/A	7187
<input type="checkbox"/>	HIIT Bootcamp	MW	6:15-7:15AM	Chinook 30*	Severin	\$0	N/A	N/A	7197
<input type="checkbox"/>	HIIT Bootcamp	MW	8:00-8:50PM	Chinook 30*	Kate K	\$0	N/A	N/A	7198
<input type="checkbox"/>	HIIT ROW	MW	7:45-8:15AM	Chinook 20*	Angela/Kyle N	\$0	N/A	N/A	7189
<input type="checkbox"/>	Insanity, Morning	MWF	7:30-8:20AM	Smith 115/Chinook 30	Erika	\$0	N/A	N/A	8374
<input type="checkbox"/>	Kickboxing, Evening	MW	6:45-7:45PM	Chinook 30*	Jillian	\$0	N/A	N/A	7241
<input type="checkbox"/>	Fit For Life	MW	11:10-11:50 AM	Chinook 30*	Nate	\$0	N/A	N/A	7191
<input type="checkbox"/>	Pink Gloves Boxing, Evening	TTh	6:45PM-7:45PM	Chinook 30*	Mykala & Siddra	\$0	N/A	N/A	7192
<input type="checkbox"/>	Pole Fit	TTh	8:00-9:00 PM	Chinook 30*	Alexa	\$0	N/A	N/A	7193
<input type="checkbox"/>	Pole Fit	F	7:00-8:00 PM	Chinook 30*	Alexa	\$0	N/A	N/A	7194
<input type="checkbox"/>	Pole Fit	Sun	7:00-8:00 PM	Chinook 30*	Alexa	\$0	N/A	N/A	7195
<input type="checkbox"/>	Zumba, Noon	MW	12:00-12:50PM	Smith 115/Chinook 30	Jess W	\$0	N/A	N/A	7297
<input type="checkbox"/>	Zumba, Evening	TTh	7:00-7:50PM	Smith 215/Chinook 20	Kat	\$0	N/A	N/A	7248

Dance – No Experience Necessary

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Hip Hop	W	6:10-7:10PM	Chinook 20*	Meghan	\$0	N/A	N/A	7199
<input type="checkbox"/>	Modern Dance	M	6:10-7:10PM	Chinook 20*	Mckayla W	\$0	N/A	N/A	7200

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Mind Body – Energize & Stabilize

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Yoga, Happy Hour	F	5:15-6:15PM	Yoga Lodge/Chinook 22	Victoria	\$0	N/A	N/A	7299
<input type="checkbox"/>	Yoga for Runners	Sat	10:30-11:30AM	Yoga Lodge/Chinook 22	Kyle N	\$0	N/A	N/A	7300
<input type="checkbox"/>	Yoga for Strength Athlete	Sun	10:15-11:30AM	Yoga Lodge/Chinook 22	Victoria	\$0	N/A	N/A	7301
<input type="checkbox"/>	Yoga Core @ 90	TTh	12:10-1:00 PM	Yoga Lodge/Chinook 22	Joanne & Mandy	\$0	N/A	N/A	7302
<input type="checkbox"/>	Yoga Core @ 90	MW	6:30-7:30 pm	Yoga Lodge/Chinook 22	Molly S	\$0	N/A	N/A	7303
<input type="checkbox"/>	Intro to Yoga	Sun	9:10-10:00 AM	Yoga Lodge/Chinook 22	Victoria	\$0	N/A	N/A	7305
<input type="checkbox"/>	Pilates @ 90	MW	7:10-8:00AM	Yoga Lodge/Chinook 22	Jenn	\$0	N/A	N/A	7306
<input type="checkbox"/>	Pilates Express @ 90	TTh	5:40-6:20 PM	Yoga Lodge/Chinook 22	Hannah	\$0	N/A	N/A	8355
<input type="checkbox"/>	Yoga @ 90	TTh	7:10-8:10AM	Yoga Lodge/Chinook 22	Larissa	\$0	N/A	N/A	7311
<input type="checkbox"/>	Yoga @ 90	TTh	6:30-7:30PM	Yoga Lodge/Chinook 22	Katherine	\$0	N/A	N/A	7312
<input type="checkbox"/>	Yoga @ 90	TTh	7:45-8:45PM	Yoga Lodge/Chinook 22	Kevin	\$0	N/A	N/A	7313
<input type="checkbox"/>	Yoga Power @ 90	MW	6:00-7:00AM	Yoga Lodge/Chinook 22	Joanne	\$0	N/A	N/A	7314
<input type="checkbox"/>	Yoga Flow @ 90	TTh	4:30-5:30PM	Yoga Lodge/Chinook 22	Kyle N	\$0	N/A	N/A	7315
<input type="checkbox"/>	Yoga Flow @ 90	MW	5:15-6:15 PM	Yoga Lodge/Chinook 22	Nathan	\$0	N/A	N/A	7316

TRX – The Ultimate Functional Workout

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	TRX, Bootcamp	MW	4:10-5:00PM	Chinook 30*	Kim	\$0	N/A	N/A	8358
<input type="checkbox"/>	TRX, Morning	TTh	7:10-8:00AM	Chinook 30*	Jasmine	\$0	N/A	N/A	7288

Indoor Cycling – Challenging for ALL levels

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Spin HIIT Morning	TTh	6:45-7:15AM	Chinook 20*	Haley	\$0	N/A	N/A	7196

CrossFit - Forging Elite Fitness

	Class	Days	Time	Location	Instructor	Price (Chinook)	Price (SRC or FSFP)	NM	Item #
<input type="checkbox"/>	Womens Only Intro to CrossFit	TTh	4:00-5:00PM	Smith 21/Chinook B40	TBD	\$0	N/A	N/A	7320
<input type="checkbox"/>	Intro to CrossFit	TTh	8:00-9:00AM	Smith 21/Chinook B40	TBD	\$0	N/A	N/A	7324
<input type="checkbox"/>	Intro to CrossFit	MW	12:40-1:40PM	Smith 21/Chinook B40	TBD	\$0	N/A	N/A	7321
<input type="checkbox"/>	WSU CrossFit Pass	M-Sa	See Website	Smith 21/Chinook B40	Varies	\$0	N/A	N/A	6839

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