



## Spring 2017 Fitness Session 2

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	Chinook 30	Bri	\$0	N/A	N/A	7292
<input type="checkbox"/>	BodyPump, Evening	TTh	5:30-6:30PM	Chinook 30	Denali	\$0	N/A	N/A	7293
<input type="checkbox"/>	BodyPump Sunday	Sun	5:00-6:00PM	Chinook 30	Bri	\$0	N/A	N/A	7294
<input type="checkbox"/>	Core Blast, Morning	TTh	7:30-8:00AM	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	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	Chinook 30	Jess W	\$0	N/A	N/A	7297
<input type="checkbox"/>	Zumba, Evening	TTh	7:00-7:50PM	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

### 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





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

### 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	TBD	\$0	N/A	N/A	7320
<input type="checkbox"/>	Intro to CrossFit	TTh	8:00-9:00AM	Smith 21	TBD	\$0	N/A	N/A	7324
<input type="checkbox"/>	Intro to CrossFit	MW	12:40-1:40PM	Smith 21	TBD	\$0	N/A	N/A	7321
<input type="checkbox"/>	WSU CrossFit Pass	M-Sa	See Website	Smith 21	Varies	\$0	N/A	N/A	6839

