

Spring 2017 Session 2 Women's Programming

March 6 - April 30

Pick 2 Special! Purchase ANY 2 classes and receive \$10 off your purchase!

Plus, receive a free t-shirt or tank (while supplies last). Pick 2 also available online at urec.wsu.edu/fitness.

Women's Hours in Down Under 101D: 4:00-5:00 PM M-F *

Aerobics & Conditioning – Have Fun & Stay Fit

	Class	Days	Time	Location	Instructor	Member Price	Price (nm)	Item #
<input type="checkbox"/>	Pink Gloves Boxing, Early Afternoon	TTh	4:10-5:00PM	SRC 245	Jess W	\$48	NA	8606
<input type="checkbox"/>	Pink Gloves Boxing, Late Evening	MW	7:10-8:10PM	SRC 245	Jessica B & Melissa	\$48	NA	8611
<input type="checkbox"/>	Women's Only Zumba, Late Evening	TTh	7:10-8:00PM	SRC 245	Sung	\$24	NA	8618

Small Group Training –

Experience the Weight Room in a Non-Intimidating Atmosphere

	Class	Days	Time	Location	Instructor	Price (m)	Price (nm)	Item #
<input type="checkbox"/>	Women on Weights	5/10-6/18	T/R 7-8am	SRC 142F	Allison Vick	\$75	NA	8751
<input type="checkbox"/>	Women on Weights	5/10-6/18	M/W 4-5pm	Chinook WR	Jordan Tingman	\$75	NA	8750

Punch Cards – not included in Pick 2 Special

	Class	Eligibility	Price (m)	Price (nm)
<input type="checkbox"/>	1 Class Card	Eligible for entry to any fitness class if space available	\$6	\$7
<input type="checkbox"/>	5 Class Card	Eligible for entry to any fitness class if space available	\$21	\$24
<input type="checkbox"/>	10 Class Card	Eligible for entry to any fitness class if space available	\$36	\$42

Cougar Card: ALWAYS bring your Cougar Card to class for check in purposes. **Accessibility:** Reasonable accommodations are available with adequate prior notification. Contact Joanne Greene or Jeff Elbracht at 335-9669 for more information.

Refund Policy: With receipt or proof of purchase, our refund policy is: full refund given within six days after the start of class, 50% refund within thirteen days after the start of class. No refund will be given after 13 days of the start of class.

Class Cancellation: To keep costs low, all classes are assessed for cancellation at the end of the first week of the session. Participants in classes with low enrollment will be given the option of a full refund or transfer into another class.



Summer 2017 Session 1

PLEASE READ BEFORE SIGNING!

Assumption of Risk, Release of Liability and WARNING

In consideration for being allowed to utilize University Recreation programs, services, facilities and equipment as well as traveling to or from any activity or program organized or affiliated with the University Recreation Department, either on or off any Washington State University properties, **I voluntarily agree to assume all risks** involved in participating in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I understand that direct supervision by Washington State University staff may not be provided and by participating in, traveling to or from, or using the programs, services, facilities of University Recreation, I expose myself to the risk of injuries including but not limited to temporary or permanent muscle soreness, sprains, strains, cuts, abrasions, bruises, ligament and/or cartilage damage, head, neck or spinal injuries, loss of use of arms and/or legs, eye damage, emotional trauma, disfigurement, drowning or death. **I also recognize that there are both** foreseeable and unforeseeable risks of injury or death that may occur as a result of my participation in, traveling to or from, or use of University Recreation programs, services, facilities, and equipment that cannot be specifically listed. I also recognize that the actions of other users of University Recreation programs, services, facilities, and equipment may cause harm or loss to my person or property and agree to assume the risks of same.

Release of Liability

I, my heirs and assigns hereby release the State of Washington, the Regents of Washington State University, Washington State University, the University Recreation Department, and the employees, agents or representatives of Washington State University (hereafter referred to as the UNIVERSITY GROUP) from any and all liability, claims, costs, expenses, injuries or losses including those resulting from acts of negligence by the UNIVERSITY GROUP that I may otherwise sustain as a result of my participation in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I also release the UNIVERSITY GROUP from loss or damage to my person or property caused by other users of University Recreation programs, services, facilities, and equipment.

If any part or portion of this Assumption of Risk and Release of Liability is determined to be invalid or unenforceable, the remaining parts or portions shall be enforceable. This release and all matters related to your activities involving Washington State University shall be governed by and interpreted in accordance with Washington law.

I have carefully read this Assumption of Risk and Release of Liability and fully understand its contents. I am aware that this Assumption of Risk and Release of Liability is a contract between the UNIVERSITY GROUP and myself and I sign it of my own free will.

Signature: _____ Date: _____

THIS DOCUMENT WILL BE CONSIDERED EFFECTIVE FROM THIS DATE FORWARD.

If participant is 17 years old or younger, please use a Youth registration form.

Name (please print): _____

Signature of the Witness to the Signing of this document: _____

Witness Name (please print) _____

NOTE: We strongly encourage you to consult with a physician before participating in any physical activity to determine any potential conditions that may adversely affect your participation. We encourage those

Name:	Email:
WSU ID:	Phone:

