

# Summer 2017

## Fitness Session 1: May 10 - June 18

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

Pick 2 also available online at [urec.wsu.edu/fitness](http://urec.wsu.edu/fitness).

### Aerobics & Conditioning – Have Fun & Stay Fit!

	Class	Days	Time	Location	Instructor	SRC Member	Chinook/FSFP Member	Non-Member	Item ID
<input type="checkbox"/>	BodyPump, Noon Express	MWF	12-12:50PM	Smith 115	Molly S	\$30	\$30	\$36	8725
<input type="checkbox"/>	BodyPump, Morning Express	TTh	7:10-8:00AM	SRC 256	Kyle	\$28	NA	NA	8597
<input type="checkbox"/>	BodyPump, Evening	TTh	7:00-8:00PM	Chinook 30	Mallori	\$30	NA	NA	8629
<input type="checkbox"/>	Core Blast, Evening	MW	4:30-5:00 PM	SRC 245	Kim	\$32	NA	NA	8599
<input type="checkbox"/>	HIIT Bootcamp	TTh	4:00-4:50PM	Chinook 30	Kim	\$42	NA	NA	8630
<input type="checkbox"/>	Insanity, Evening	TTh	5:10-6:00PM	SRC 245	Jenn	\$24	NA	NA	8600
<input type="checkbox"/>	Kettlebell, Sunrise	TTh	6:00-6:50AM	SRC 245	Karly	\$25	NA	NA	8601
<input type="checkbox"/>	Kickboxing, Late Evening	MW	7:30-8:30PM	Chinook 30	Jillian	\$28	NA	NA	8631
<input type="checkbox"/>	Kickboxing, Late Evening	TTh	6:10-7:00PM	SRC 245	Jenn	\$28	NA	NA	8605
<input type="checkbox"/>	Pink Gloves Boxing, Late Evening	MW	7:10-8:10PM	SRC 245	Jessica B & Melissa	\$48	NA	NA	8611
<input type="checkbox"/>	Pole Fit, Early Evening	MW	5:00-6:00 PM	Chinook 30	Alexa	\$28	NA	NA	8632
<input type="checkbox"/>	Pole Fit, Evening	MW	6:15-7:15 PM	Chinook 30	Alexa	\$28	NA	NA	8633
<input type="checkbox"/>	Pole Fit, Friday	F	7:00-8:00 PM	Chinook 30	Alexa	\$18	NA	NA	8634
<input type="checkbox"/>	Step and Core	TTh	11:00-12:00PM	Smith 115	Megan F	\$24	\$24	\$30	8612
<input type="checkbox"/>	Zumba, Early Evening	MW	6:10-7:00PM	SRC 245	Kat	\$24	NA	NA	8616
<input type="checkbox"/>	Zumba, Noon	TTh	12:00-12:50PM	Chinook 20	Sung	\$24	NA	NA	8635
<input type="checkbox"/>	Women's Only Zumba, Late Evening	TTh	7:10-8:00PM	SRC 245	Sung	\$24	NA	NA	8618

### Dance – No Experience Necessary!

	Class	Days	Time	Location	Instructor	SRC Member	Chinook/FSFP Member	Non-Member	Item ID
<input type="checkbox"/>	Modern Dance	MW	5:00-6:00PM	Chinook 20	McKayla	\$41	\$26	NA	8636

### Martial Arts – Improve Strength & Balance

	Class	Days	Time	Location	Instructor	SRC Member	Chinook/FSFP Member	Non-Member	Item ID
<input type="checkbox"/>	Taekwondo	Th	5:30-6:30PM	PEB 145	Kyle D	\$20	\$20	\$26	8627
<input type="checkbox"/>	Taekwondo, Beginner	T	5:30-6:30PM	PEB 145	Kyle D	\$20	\$20	\$26	8628

### TRX – The Ultimate Functional Workout!

	Class	Days	Time	Location	Instructor	SRC Member	Chinook/FSFP Member	Non-Member	Item ID
<input type="checkbox"/>	TRX, Early Evening	MW	5:10-6:00PM	SRC 245	Kim	\$21	NA	NA	8637
<input type="checkbox"/>	TRX, Morning	TTh	7:10-8:00AM	SRC 245	Kim	\$21	NA	NA	8638

### Indoor Cycling – Challenging for All Levels!

	Class	Days	Time	Location	Instructor	SRC Member	Chinook/FSFP Member	Non-Member	Item ID
<input type="checkbox"/>	Spin, Morning Ride	TTh	7:00-7:50AM	SRC 252	Leah	\$26	NA	NA	8642
<input type="checkbox"/>	Spin, Sunrise	MWF	6:30-7:20AM	SRC 252	Mallori	\$26	NA	NA	8639
<input type="checkbox"/>	Spin Evening	TTh	6:10-7:00PM	SRC 252	Melissa	\$26	NA	NA	8652
<input type="checkbox"/>	Spin, Evening	MW	7:00-7:50PM	SRC 252	Molly S	\$26	NA	NA	8640
<input type="checkbox"/>	Spin, HIIT	MW	5:15-5:45PM	SRC 252	Jenn	\$26	NA	NA	8641
<input type="checkbox"/>	Spin, Saturday	Sat	11:00-11:50AM	SRC 252	Jenn	\$14	NA	NA	8657

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### Gravity – Over 100 Moves to Build Strength!

	Class	Days	Time	Location	Instructor	Member	Other	Non-Member	Item ID
<input type="checkbox"/>	Gravity Noon	MWF	12:10-12:50PM	SRC 252	Alexa	\$29	NA	NA	8658

### CrossFit – Forging Elite Fitness

	Class	Days	Time	Location	Instructor	Member	Other	Non-Member	Item ID
<input type="checkbox"/>	CrossFit Pass	M-F	11:30-12:30	Chinook B40	TBD	\$75	NA	NA	8685
<input type="checkbox"/>		MWF	6:30-7:30AM	Chinook B40	TBD				
<input type="checkbox"/>		MW	5:30-6:30PM	Chinook B40	Joanne				
<input type="checkbox"/>		TTh	6:00-8:00PM	Chinook B40	Open Gym				
<input type="checkbox"/>	Intro to CrossFit	TTh	7:00-8:00AM	Chinook B40	TBD	\$50	NA	NA	8684
<input type="checkbox"/>	Intro to CrossFit	TTh	5:00-6:00PM	Chinook B40	TBD	\$50	NA	NA	8683

### Mind/Body – Energize & Stabilize

	Class	Days	Time	Location	Instructor	SRC Member	Chinook/FSFP Member	Non-Member	Item ID
<input type="checkbox"/>	Yolates	MW	12:10-1:00PM	Chinook 22	Joanne	\$69	\$36	NA	8660
<input type="checkbox"/>	Yoga Core @ 90	MW	5:30-6:30PM	Chinook 22	Kyle N	\$69	\$36	NA	8661
<input type="checkbox"/>	Yoga, Endurance	MW	7:00-8:00PM	SRC 256	Larissa	\$36	N/A	NA	8662
<input type="checkbox"/>	Yoga, @ 90	TTh	7:00-8:00AM	Chinook 22	Larissa	\$69	\$36	NA	8663
<input type="checkbox"/>	Yoga, Noon Gentle	TTh	12:05-1:00PM	Smith 115	Deb	\$31	\$31	\$36	8664
<input type="checkbox"/>	Yoga, Flow Evening	TTh	6:10-7:00PM	SRC 256	Jillian	\$36	N/A	NA	8665
<input type="checkbox"/>	Yoga, Core @ 90	TTh	6:10-7:10PM	Chinook 22	Molly S	\$69	\$36	NA	8666
<input type="checkbox"/>	Yoga, Restorative Sunday	Sun	10:30-11:30AM	SRC 256	Larissa	\$16	N/A	NA	8667

### Aqua Fitness – Little Impact, Big Results

	Class	Days	Time	Location	Instructor	SRC Member	Chinook/FSFP Member	Non-Member	Item ID
<input type="checkbox"/>	Aqua Zumba	MWF	12:00-12:50PM	Gibb Pool	Rob	\$32	\$32	\$38	8668
<input type="checkbox"/>	SUP (Stand Up Paddle Board) Core	TTh	7:00-8:00AM	SRC Pool	Molly S	\$30	NA	NA	8669

\*Classes must be purchased at the same time to receive discount.

**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.

**Cougar Card:** ALWAYS bring your Cougar Card to class for check in purposes.

**Accessibility:** University Recreation values providing programs and activities that are accessible. We are proud to provide equipment and programming that creates an inclusive environment and makes every reasonable effort to be accessible to everyone. Reasonable accommodations are available with adequate prior notification. Students with disabilities who may need accommodations to fully participate in activities at UREC must have accommodations approved through the Access Center (509-335-3417). Contact Joanne Greene at 335-9669 for more information.

