

# Fall 2017 Fitness Session 1: August 28-October 15

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           | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|-------------------------|------|----------------|------------|----------------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | Barre, Evening          | MW   | 6:10-7:00PM    | SRC 256    | Tara                 | NA                   | \$23        | NA         | 9879   |
| <input type="checkbox"/> | Barre, Early Evening    | TTh  | 5:00-5:50 PM   | Chinook 22 | Jordan               | \$23                 | \$38        | NA         | 9882   |
| <input type="checkbox"/> | BodyPump, Sunrise       | MWF  | 6:30-7:30AM    | SRC 256    | Danika               | NA                   | \$32        | NA         | 9883   |
| <input type="checkbox"/> | BodyPump, Intro Early   | MW   | 6:00-7:00PM    | Chinook 30 | Kyle                 | \$28                 | \$43        | NA         | 9884   |
| <input type="checkbox"/> | BodyPump, Late Even     | TTh  | 7:10-8:00PM    | SRC 256    | Mallori              | NA                   | \$24        | NA         | 9885   |
| <input type="checkbox"/> | Bodypump Express No     | MWF  | 12-12:50PM     | Smith 115  | Haley                | \$30                 | \$30        | \$39       | 9886   |
| <input type="checkbox"/> | BodyPump, Saturday      | Sat  | 10:15-11:15AM  | SRC 256    | Kyle                 | NA                   | \$16        | NA         | 9887   |
| <input type="checkbox"/> | BodyPump, Sunday        | Sun  | 5:00-6:00PM    | Chinook 30 | Sophie               | \$16                 | \$24        | NA         | 9888   |
| <input type="checkbox"/> | BodyPump, Morning E     | TTh  | 7:10-8:00AM    | SRC 256    | Angie                | NA                   | \$32        | NA         | 9889   |
| <input type="checkbox"/> | BodyPump, Early Even    | TTh  | 5:30-6:30PM    | Chinook 30 | Emily                | \$28                 | \$43        | NA         | 9890   |
| <input type="checkbox"/> | Bootcamp, Early Even    | MW   | 5:10-6:00 PM   | SRC 256    | Severin              | NA                   | \$18        | NA         | 9891   |
| <input type="checkbox"/> | Bootcamp, Morning       | TTh  | 6:30-7:20 AM   | DU 101D    | Emelee               | NA                   | \$21        | NA         | 9950   |
| <input type="checkbox"/> | Cardio & Core, Noon     | TTh  | 12:10-12:50PM  | Chinook 20 | Mike                 | \$24                 | \$39        | NA         | 10023  |
| <input type="checkbox"/> | Core Blast, Sunday      | Sun  | 6:00-6:30 PM   | SRC 256    | Lindsay              | NA                   | \$12        | NA         | 9893   |
| <input type="checkbox"/> | 20/20/20, Early Evenin  | TTh  | 5:30-6:30PM    | Chinook 20 | Severin              | \$28                 | \$43        | NA         | 9951   |
| <input type="checkbox"/> | 20/20/20, Sat           | Sat  | 10:00-11:00AM  | Chinook 20 | Mike                 | \$14                 | \$24        | NA         | 10022  |
| <input type="checkbox"/> | Fit for Life            | MW   | 11:10-11:50 AM | Chinook 30 | Nate                 | \$19                 | \$34        | NA         | 9894   |
| <input type="checkbox"/> | Row Conditioning        | MW   | 7:45-8:15 AM   | Chinook 20 | Nate                 | \$28                 | \$43        | NA         | 9895   |
| <input type="checkbox"/> | Insanity, Morning       | TTh  | 7:30-8:20 AM   | Chinook 30 | Erika                | \$12                 | \$27        | NA         | 9896   |
| <input type="checkbox"/> | Kettlebells Express, Su | TTh  | 6:00-6:30 AM   | SRC 245    | Karly                | NA                   | \$12        | NA         | 10041  |
| <input type="checkbox"/> | Kickboxing, Morning     | MW   | 6:30-7:30 AM   | Chinook 30 | Brittany             | \$28                 | \$43        | NA         | 10020  |
| <input type="checkbox"/> | Kickboxing, Late Even   | MW   | 7:15-8:15 PM   | Chinook 30 | Ty                   | \$28                 | \$43        | NA         | 9897   |
| <input type="checkbox"/> | Kickboxing, Evening     | TTh  | 6:45-7:45 PM   | Chinook 30 | Jillian              | \$28                 | \$43        | NA         | 9898   |
| <input type="checkbox"/> | Kickboxing, Late Even   | TTh  | 7:30-8:30 PM   | SRC 245    | Sophie               | NA                   | \$28        | NA         | 9899   |
| <input type="checkbox"/> | Kickboxing Men's Only   | Sun  | 5:00-6:00 PM   | SRC 245    | Ty                   | NA                   | \$14        | NA         | 9900   |
| <input type="checkbox"/> | Pink Gloves Boxing      | MW   | 4:00-4:50 PM   | SRC 245    | Jess W               | NA                   | \$48        | NA         | 10040  |
| <input type="checkbox"/> | Pink Gloves Boxing      | TTh  | 6:15-7:15 PM   | SRC 245    | ykala, Siddra, Mekae | NA                   | \$48        | NA         | 9901   |
| <input type="checkbox"/> | PoleFit, Late Night     | TTh  | 8:00-9:00 PM   | Chinook 30 | Alexa & Dyonne       | \$28                 | \$43        | NA         | 9902   |
| <input type="checkbox"/> | PoleFit, Evening        | Fri  | 7:00-8:00 PM   | Chinook 30 | Alexa & Kaitie       | \$14                 | \$24        | NA         | 9903   |
| <input type="checkbox"/> | Step and Core           | TTh  | 11:00-12:00 PM | Smith 115  | Megan F              | \$24                 | \$24        | \$32       | 10039  |
| <input type="checkbox"/> | Zumba, Late Evening     | TTh  | 7:10-8:00 PM   | DU 101A    | Christal             | NA                   | \$24        | NA         | 9904   |
| <input type="checkbox"/> | Zumba, Evening          | MW   | 5:10-6:00 PM   | Smith 115  | Mariana              | \$24                 | \$24        | \$33       | 10021  |
| <input type="checkbox"/> | Zumba Late Night        | TTh  | 8:10-9:00 PM   | Chinook 20 | Mariana              | \$24                 | \$39        | NA         | 9905   |
| <input type="checkbox"/> | Women's Only Zumba      | MW   | 8:10-9:00 PM   | SRC 245    | Sung                 | NA                   | \$24        | NA         | 9906   |

## Indoor Cycling – Challenging for All Levels!

|                          | Class                  | Days | Time          | Location   | Instructor           | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|------------------------|------|---------------|------------|----------------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | Intro to Spin, Evening | TTh  | 5:15-5:45PM   | SRC 252    | Leah                 | NA                   | \$24        | NA         | 10070  |
| <input type="checkbox"/> | Spin, Sunrise          | MWF  | 6:30-7:20AM   | SRC 252    | Mallori              | NA                   | \$26        | NA         | 9924   |
| <input type="checkbox"/> | Spin HIIT              | MW   | 5:00-5:30PM   | SRC 252    | Shayla               | NA                   | \$24        | NA         | 10024  |
| <input type="checkbox"/> | Spin, Endurance        | MW   | 6:30-7:30PM   | SRC 252    | Jenn                 | NA                   | \$28        | NA         | 9925   |
| <input type="checkbox"/> | Intro to Spin, Night   | MW   | 7:45-8:20PM   | SRC 252    | Jenn                 | NA                   | \$24        | NA         | 9926   |
| <input type="checkbox"/> | Spin, Night Ride       | MW   | 8:30-9:20PM   | SRC 252    | Amy                  | NA                   | \$26        | NA         | 9927   |
| <input type="checkbox"/> | Spin, Morning Ride     | TTh  | 7:00-7:50 AM  | SRC 252    | Leah                 | NA                   | \$26        | NA         | 10090  |
| <input type="checkbox"/> | Spin HIIT              | TTh  | 6:45-7:15AM   | Chinook 20 | Haley                | \$24                 | \$39        | NA         | 9928   |
| <input type="checkbox"/> | Spin, Evening          | TTh  | 6:00-6:50PM   | SRC 252    | Shayla               | NA                   | \$26        | NA         | 10025  |
| <input type="checkbox"/> | Spin, Night Ride       | TTh  | 8:00-8:50PM   | SRC 252    | Amy                  | NA                   | \$26        | NA         | 9929   |
| <input type="checkbox"/> | Spin, Saturday         | Sat  | 11:00-11:50AM | SRC 252    | Rotating Instructors | NA                   | \$14        | NA         | 9930   |
| <input type="checkbox"/> | Spin, Sunday           | Sun  | 5:00-5:50PM   | SRC 252    | Shayla               | NA                   | \$14        | NA         | 9931   |

\*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.



Fall 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 with pre-existing conditions to wear a medical alert bracelet or neck tag indicating the appropriate medical information. We strongly recommend that all participants have a medical insurance policy, either through university offered programs or through an outside agency that will cover injuries or illness that may occur due to participation in or use of University Recreation programs, services, facilities and equipment.

**If you have any questions regarding the language or details of this document prior to signing, please contact Joanne Greene at 509-335-9669, SRC Room 250, WSU.**

**To register:** Please fill in the boxes below, sign the waiver, and return this form to the SRC service counter.

|         |        |
|---------|--------|
| Name:   | Email: |
| WSU ID: | Phone: |



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## Gravity – Over 100 Moves to Build Strength!

|                          | Class            | Days | Time         | Location | Instructor | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|------------------|------|--------------|----------|------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | Gravity Express  | MW   | 5:45-6:15PM  | SRC 252  | Lindsay    | NA                   | \$26        | NA         | 9932   |
| <input type="checkbox"/> | Gravity, Express | TTh  | 7:00-7:30 PM | SRC 252  | Alexa      | NA                   | \$26        | NA         | 9933   |

## Dance – No Experience Necessary

|                          | Class        | Days | Time        | Location   | Instructor | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|--------------|------|-------------|------------|------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | Hip Hop      | Wed  | 6:00-7:00PM | Chinook 20 | Meghan     | \$20                 | \$30        | NA         | 9935   |
| <input type="checkbox"/> | Modern Dance | Mon  | 6:00-7:00PM | Chinook 20 | McKayla    | \$20                 | \$30        | NA         | 9934   |

## Martial Arts – Improve Strength & Balance

|                          | Class               | Days | Time      | Location   | Instructor | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|---------------------|------|-----------|------------|------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | Taekwondo, Beginner | T    | 5:30-6:30 | PEB 145    | Kyle       | \$20                 | \$20        | \$26       | 9937   |
| <input type="checkbox"/> | Taekwondo           | Th   | 5:30-6:30 | PEB 145    | Kyle       | \$20                 | \$20        | \$26       | 9938   |
| <input type="checkbox"/> | Capoeira            | TTh  | 5:15-6:15 | Chinook 20 | Dyonne     | \$20                 | \$35        | NA         | 9939   |

## Mind/Body – Energize & Stabilize

|                          | Class                            | Days | Time          | Location   | Instructor     | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|----------------------------------|------|---------------|------------|----------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | Yoga Flow @ 90                   | MW   | 7:00-7:50 AM  | Chinook 22 | Emily          | \$31                 | \$46        | NA         | 9940   |
| <input type="checkbox"/> | Yoga Core @ 90, Noon             | MW   | 12:10-1:00PM  | Chinook 22 | Katherine      | \$31                 | \$46        | NA         | 10035  |
| <input type="checkbox"/> | Mindful Yoga                     | MW   | 4:00-5:00 PM  | Chinook 22 | Joanne         | \$36                 | \$51        | NA         | 10006  |
| <input type="checkbox"/> | Yoga, Power @ 90                 | MW   | 5:10-6:10 PM  | Chinook 22 | Joanne         | \$36                 | \$51        | NA         | 10007  |
| <input type="checkbox"/> | Yoga Flow, Afternoon             | MW   | 4:00-4:50PM   | SRC 256    | Emma           | \$31                 | NA          | NA         | 10008  |
| <input type="checkbox"/> | Yoga Flow, Late Evening          | MW   | 7:10-8:00PM   | SRC 256    | Jillian        | NA                   | \$31        | NA         | 9942   |
| <input type="checkbox"/> | Yoga, Flow @ 90                  | MW   | 7:10-8:10 PM  | Chinook 22 | Nathan         | \$36                 | \$51        | NA         | 10009  |
| <input type="checkbox"/> | Yoga, Late Evening, Women's Only | MW   | 8:20-9:20 PM  | Chinook 22 | Katherine      | \$36                 | \$51        | NA         | 10010  |
| <input type="checkbox"/> | Restorative Yoga, Morning        | TTh  | 7:10-8:10AM   | Chinook 22 | Madison        | \$36                 | \$46        | NA         | 9943   |
| <input type="checkbox"/> | Gentle Yoga Noon                 | TTh  | 12:05-1:00PM  | Smith 115  | Deb            | \$31                 | \$31        | \$39       | 9944   |
| <input type="checkbox"/> | Yoga @ 90, Men's Only            | TTh  | 7:10-8:10 PM  | Chinook 22 | Kyle N         | \$36                 | \$51        | NA         | 10073  |
| <input type="checkbox"/> | Yoga for Runners                 | Sat  | 10:30-11:30AM | Chinook 22 | Lindsay & Emma | \$15                 | \$25        | NA         | 10036  |
| <input type="checkbox"/> | Yoga for Strength Athlete        | Sun  | 11:00-12:00PM | Chinook 22 | Lindsay & TBD  | \$15                 | \$25        | NA         | 10072  |
| <input type="checkbox"/> | Yoga Power, Sunday               | Sun  | 6:40-7:40PM   | SRC 256    | Lindsay        | NA                   | \$15        | NA         | 9945   |
| <input type="checkbox"/> | Pilates @ 90, Express            | MW   | 6:20-7:00 PM  | Chinook 22 | Hannah         | \$18                 | \$33        | NA         | 9946   |
| <input type="checkbox"/> | Pilates, Morning                 | TTh  | 7:00-7:50AM   | DU 101A    | Danika         | NA                   | \$31        | \$39       | 9947   |
| <input type="checkbox"/> | Pilates, Early Evening           | TTh  | 5:00-5:50PM   | SRC 256    | Tara           | NA                   | \$31        | NA         | 9984   |
| <input type="checkbox"/> | Pilates                          | TTh  | 7:30-8:10AM   | Chinook 20 | Meghan         | \$31                 | \$46        | NA         | 9949   |

## Aqua Fitness – Little Impact, Big Results

|                          | Class      | Days | Time          | Location  | Instructor | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|------------|------|---------------|-----------|------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | Aqua Zumba | MWF  | 12:00-12:50PM | Gibb Pool | Rob        | NA                   | \$32        | \$37       | 9936   |

## TRX – The Ultimate Functional Workout!

|                          | Class              | Days | Time           | Location   | Instructor | Chinook/FSFP Pricing | SRC Pricing | NM Pricing | Item # |
|--------------------------|--------------------|------|----------------|------------|------------|----------------------|-------------|------------|--------|
| <input type="checkbox"/> | TRX, Early Evening | TTh  | 5:10-6:00 PM   | SRC 245    | Kim        | NA                   | \$21        | NA         | 9921   |
| <input type="checkbox"/> | TRX, Turbo         | TTh  | 12:10-12:50 PM | SRC 245    | Jonathan   | NA                   | \$19        | NA         | 9922   |
| <input type="checkbox"/> | TRX, Morning       | MW   | 7:10-8:00 AM   | SRC 245    | Emelee     | NA                   | \$21        | NA         | 9952   |
| <input type="checkbox"/> | TRX, Bootcamp      | MW   | 5:00-5:50 PM   | Chinook 30 | Kim        | \$21                 | \$36        | NA         | 9923   |

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Signature of the Witness to the Signing of this document: \_\_\_\_\_

Witness Name (please print) \_\_\_\_\_

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| WSU ID: | Phone: |

