

Fall 2017 Session 1 Women's Programming August 28th – October 15th

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	Chinook & FSFP Pricing	SRC Member Pricing	Non Member Pricing	Item #
<input type="checkbox"/>	Pink Gloves Boxing	Mon, Wed	4:00-4:50 PM	SRC 245	Jess W	NA	\$48	NA	10040
<input type="checkbox"/>	Pink Gloves Boxing	Tues, Thurs	6:15-7:15 PM	SRC 245	Mykala, Siddra, Jenn	NA	\$48	NA	9901
<input type="checkbox"/>	Women's Only Zumba	Mon, Wed	8:10-9:00 PM	SRC 245	Sung	NA	\$24	NA	9906

Aquatics Programming

Purchase Women's Only Open Swim is located in Smith Pool on Monday and Wednesdays, 7-8pm during the school year.

	Class	Days	Time	Location	Instructor	Chinook & FSFP Pricing	SRC Member Pricing
<input type="checkbox"/>	Women's Only-Beginner Swim Lessons Session 2	Mon	5:30-6:15pm	Smith Gym	\$45	\$55	9911
<input type="checkbox"/>		Wed	5:30-6:15pm	Smith Gym	\$45	\$55	9912
<input type="checkbox"/>	Women's Only-Intermediate Swim Lessons Session 2	Mon	6:15-7pm	Smith Gym	\$45	\$55	9913
<input type="checkbox"/>		Wed	6:15-7pm	Smith Gym	\$45	\$55	9914

Women's Backpacking

Sept 29 - Oct 1 in ORC: Priest Lake, ID

\$100 - \$150

In this backpacking trip, you'll travel to northern Idaho to explore the magnificent Selkirk Mountains and Priest Lake area! This area home to rugged granite peaks topping 7,000 feet in elevation, spectacular Priest Lake, mountain streams, and plentiful wildlife. You'll learn backcountry camping and travel skills such as how to purify your drinking water, how to cook on a backpacking stove, and how to hike/camp utilizing "Leave No Trace" principles. Trip rating is level 2. Good physical conditioning is needed, no experience necessary. Participants can expect to hike anywhere between 3-12 miles per day with an overnight backpack on. The mandatory pre-trip meeting will take place on September 26th, from 6:00-8:00pm in the SRC Classroom.

Register for classes in person or online at: UREC.WSU.EDU

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.

