

FREE CLASSES for the week of Thanksgiving (Nov. 19th – Nov. 25th)

Non-Members may enter the SRC or Chinook for only \$3/day

Sunday, November 19 (SRC hours 9:00AM-7:00PM)* (Chinook CLOSED)*			
Yoga	9:30-10:45AM	SRC 256	Kristin
Zumba	12:00-12:50PM	SRC 256	Christal
Zumba	5:10-6:00PM	SRC 245	Sarah
Monday, November 20 (SRC hours 5:30AM-7:00PM)* (Chinook hours 11:00AM-1:00PM)			
CrossFit	11:30-12:30PM	Chinook 30	Matt
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
TRX	12:10-1:00PM	SRC 245	Emelee
Zumba	5:00-5:50PM	SRC 256	Sarah
Core Blast	5:15-5:45PM	SRC 245	Jenn
Kickboxing	6:00-7:00PM	SRC 245	Jenn
Zumba	6:10-7:00PM	SRC 256	Christal
Tuesday, November 21 (SRC hours 5:30AM-7:00PM)* (Chinook hours 11:00AM-1:00PM)			
Kettlebells	6:30-7:00 AM	SRC 245	Emelee
TRX	7:10-8:00 AM	SRC 245	Emelee
CrossFit	11:30-12:30PM	Chinook 30	Matt
Spin	5:00-5:50PM	SRC 252	Jenn
Zumba	5:10-6:00PM	SRC 256	Sarah
Pilates	6:10-7:00 PM	SRC 256	Jenn
Wednesday, November 22 (SRC hours 5:30AM-7:00PM)* (Chinook hours 11:00AM-1:00PM)			
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
TRX	12:10-1:00PM	SRC 245	Emelee
CrossFit	11:30-12:30PM	Chinook 30	Matt
Zumba	5:00-5:50PM	SRC 256	Sarah
Core Blast	5:15-5:45PM	SRC 245	Jenn
Kickboxing	6:00-7:00PM	SRC 245	Jenn
Zumba	6:10-7:00PM	SRC 256	Christal
Thursday, November 23 & Friday, November 24 (SRC & Chinook CLOSED) No Classes			
Saturday, November 25 (SRC hours 9:00AM-7:00PM)* (Chinook CLOSED)			
Zumba	11:00-11:50AM	SRC 256	Sarah
Zumba	4:00-4:50PM	SRC 256	Christal

*See urec.wsu.edu for details about facility hours. The Down Under Recreation Center will be closed 11/18-11/25.

Looking for more FREE fitness classes?

- Free fitness classes during finals week (12/11-12/15) to help you **Sweat the Stress**.
- Free fitness classes to kick off the spring semester during **All Access Week** 1/8-1/14.
- Registration for Spring classes opens on December 1, classes begin January 15th.

