

# Sweat the Stress 2017

## Monday, December 11- Friday, December 15

Take a break from studying and try a FREE Group Fitness Class!

Monday, December 11			
CrossFit	6:30-7:30AM	Chinook B40	Brittany
Spin, Sunrise	6:30-7:20AM	SRC 252	Mallori
Yoga Flow @ 90	7:00-7:50AM	Chinook 22	Madison
TRX, Morning	7:10-8:00AM	SRC 245	Valea
Intro to CrossFit	7:45-8:45AM	Chinook B40	Joey
CrossFit	11:30-12:30PM	Chinook B40	Dylan
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
BodyPump	12:10-1:00PM	Smith 115	Kyle N
Spin HIIT	12:10-12:50PM	Chinook 20	Jess
Gravity Express	12:10-12:50PM	SRC 252	Megan
PGB	4:00-4:50PM	SRC 245	Devyn, Mekaela, & Jess
Yoga Flow, Afternoon	4:00-4:50PM	SRC 256	Kristin
Mindful Yoga @ 90	4:00-5:00PM	Chinook 22	Joanne
Yoga, Power @ 90	5:10-6:10PM	Chinook 22	Gabriella
Zumba, Evening	5:10-6:00PM	Smith 115	Sarah
Core Blast	5:30-6:00PM	Chinook 30	Liz
CrossFit	5:30-5:30PM	Chinook B40	Cameron
Modern Dance	6:00-7:00PM	Chinook 20	McKayla
Spin Endurance	6:30-7:30PM	SRC 252	Jenn
Yoga Flow, Evening	7:10-8:00PM	SRC 256	Jillian
Intro to Spin	7:45-8:20PM	SRC 252	Jenn
Women's Only Zumba	8:10-9:00PM	SRC 245	Sung
Yoga @ 90, Late Evening	8:20-9:20PM	Chinook 22	Elizabeth
Spin, Night Ride	8:30-9:20PM	SRC 252	Shayla
Tuesday, December 12			
WodAsana	6:30-7:30AM	Chinook B40	Joanne
Spin, Morning Ride	7:00-7:50AM	SRC 252	Leah
Restorative Yoga @ 90	7:10-8:10AM	Chinook 22	Madison
Pilates, Morning	7:30-8:10AM	Chinook 20	Emma S
Step & Core	11:00-12:00PM	Smith 115	Megan
CrossFit	11:30-12:30PM	Chinook B40	DJ
Gentle Yoga Noon	12:05-1:00PM	Smith 115	Deb
TRX, Turbo	12:10-12:50PM	SRC 245	Jonathan
CrossFit	2:30-3:30PM	Chinook B40	Payton
Barre, Evening	5:00-5:50PM	Chinook 22	Jordan
Intro to Spin	5:15-5:45PM	SRC 252	Leah
Capoeira	5:15-6:15PM	Chinook 20	Dyonne
Intro to CrossFit	5:15-6:15PM	DU 101D	Brittany
CrossFit	5:30-5:30PM	Chinook B40	Cameron
Spin, Evening	6:00-6:50PM	SRC 252	Shayla
PGB	6:15-7:15PM	SRC 245	Mykala & Jenn
20/20/20	6:30-7:30PM	Chinook 20	Liz
Kickboxing	6:45-7:45PM	Chinook 30	Jillian
Gravity Express	7:00-7:30PM	SRC 252	Alexa
BodyPump Express	7:10-8:00PM	SRC 256	Angie
Zumba, Late Night	8:10-9:00PM	Chinook 20	Sarah
PoleFit	8:15-9:15PM	Chinook 30	Alexa & Lindsay
Wednesday, December 13			
CrossFit	6:30-7:30AM	Chinook B40	Brittany
Spin, Sunrise	6:30-7:20AM	SRC 252	Mallori
Yoga Flow @ 90	7:00-7:50AM	Chinook 22	Madison
Intro to CrossFit	7:45-8:45AM	Chinook B40	Joey
CrossFit	11:30-12:30PM	Chinook B40	Dylan
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
BodyPump	12:10-1:00PM	Smith 115	Angie
Spin HIIT	12:10-12:50PM	Chinook 20	Jess



Gravity Express	12:10-12:50PM	SRC 252	Megan
PGB	4:00-4:50PM	SRC 245	Mekaela, & Jess
Yoga Flow, Afternoon	4:00-4:50PM	SRC 256	Kristin
Mindful Yoga @ 90	4:00-5:00PM	Chinook 22	Joanne
Yoga, Power @ 90	5:10-6:10PM	Chinook 22	Joanne
Zumba, Evening	5:10-6:00PM	Smith 115	Sarah
Insanity Express	5:15-5:45PM	SRC 256	Angie
Core Blast	5:30-6:00PM	Chinook 30	Liz
CrossFit	5:30-5:30PM	Chinook B40	Cameron
Barre, Evening	6:10-7:00PM	SRC 256	Hayley
Spin Endurance	6:30-7:30PM	SRC 252	Jenn
Yoga Flow, Evening	7:10-8:00PM	SRC 256	Jillian
Intro to Spin	7:45-8:20PM	SRC 252	Jenn
Women's Only Zumba	8:10-9:00PM	SRC 245	Sung
Yoga @ 90, Late Evening	8:20-9:20PM	Chinook 22	Elizabeth
Spin, Night Ride	8:30-9:20PM	SRC 252	Shayla
<b>Thursday, December 14</b>			
WodAsana	6:30-7:30AM	Chinook B40	Joanne
Spin, Morning Ride	7:00-7:50AM	SRC 252	Leah
Restorative Yoga @ 90	7:10-8:10AM	Chinook 22	Madison
Step & Core	11:00-12:00PM	Smith 115	Megan
CrossFit	11:30-12:30PM	Chinook B40	DJ
Gentle Yoga Noon	12:05-1:00PM	Smith 115	Deb
TRX, Turbo	12:10-12:50PM	SRC 245	Jonathan
CrossFit	2:30-3:30PM	Chinook B40	Payton
Barre, Evening	5:00-5:50PM	Chinook 22	Jordan
Intro to Spin	5:15-5:45PM	SRC 252	Leah
Capoeira	5:15-6:15PM	Chinook 20	Dyonne
Intro to CrossFit	5:15-6:15PM	DU 101D	Brittany
CrossFit	5:30-5:30PM	Chinook B40	Cameron
Spin, Evening	6:00-6:50PM	SRC 252	Angie
20/20/20	6:30-7:30PM	Chinook 20	Liz
Kickboxing	6:45-7:45PM	Chinook 30	Jillian
Gravity Express	7:00-7:30PM	SRC 252	Alexa
BodyPump Express	7:10-8:00PM	SRC 256	Mallori
Zumba, Late Night	8:10-9:00PM	Chinook 20	Sarah
PoleFit	8:15-9:15PM	Chinook 30	Alexa & Lindsay
<b>Friday, December 15</b>			
CrossFit	6:30-7:30AM	Chinook B40	Brittany
Spin, Sunrise	6:30-7:20AM	SRC 252	Mallori
CrossFit	11:30-12:30PM	Chinook B40	Dylan
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
BodyPump	12:10-1:00PM	Smith 115	Angie
Gravity Express	12:10-12:50PM	SRC 252	Megan
CrossFit	5:30-5:30PM	Chinook B40	Cameron
PoleFit	7:00-8:00PM	Chinook 30	Alexa

### **Group Fitness Announcements & Reminders:**

Spring Session 1 Registration will open December 1!

Looking for more free Group Fitness? Don't forget you can try before you buy with our Spring All Access Week – Monday, January 8th- Sunday, January 14th!

Spring Session 1 will begin on Monday, January 15th!

Are you interested in joining our team of talented Group Fitness Instructors? If so, visit [www.urec.wsu.edu/fitness](http://www.urec.wsu.edu/fitness) for training opportunities. You can also email Angie Isernio, Graduate Assistant of Group Fitness & Instruction at [angela.isernio@wsu.edu](mailto:angela.isernio@wsu.edu)

