

Free Fitness Classes for Winter Break (12/18-1/7)

Try out our spring fitness offerings early! All classes are FREE!

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

Monday, December 18 (Chinook Hours 5:30AM-7:00PM) (SRC & Down Under Closed)			
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
BodyPump Noon Express	12:00-12:50PM	Chinook 30	Angie
Pole Fit	5:00-6:00PM	Chinook 30	Alexa
Zumba	5:00-5:50PM	Chinook 20	Sung
Spin	6:00-6:50PM	Chinook 20	Emily K
Barre Warm	6:10-7:00PM	Chinook 22	Jenn
Tuesday, December 19 (Chinook Hours 5:30AM-7:00PM) (SRC & Down Under Closed)			
Step & Core	11:00-12:00PM	Smith 115	Megan
CrossFit	11:30-12:30	Chinook B40	Joanne
TRX & Cardio	12:10-1:00PM	Chinook 20	Angie
Spin	5:00-5:50PM	Chinook 20	Emily K
Pilates Warm	5:10-6:00PM	Chinook 22	Jenn
BodyPump	5:30-6:30PM	Chinook 30	Angie
Wednesday, December 20 (Chinook Hours 5:30AM-7:00PM) (SRC & Down Under Closed)			
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
BodyPump Noon Express	12:00-12:50PM	Chinook 30	Angie
Pole Fit	5:00-6:00PM	Chinook 30	Alexa
Zumba	5:00-5:50PM	Chinook 20	Sung
Spin	6:00-6:50PM	Chinook 20	Emily K
Barre Warm	6:10-7:00PM	Chinook 22	Jenn
Thursday, December 21 (Chinook Hours 5:30AM-7:00PM) (SRC & Down Under Closed)			
Step & Core	11:00-12:00PM	Smith 115	Megan
CrossFit	11:30-12:30	Chinook B40	Matt
Spin	5:00-5:50PM	Chinook 20	Emily K
Pilates Warm	5:10-6:00PM	Chinook 22	Jenn
Friday, December 22 (Chinook Hours 5:30AM-7:00PM) (SRC & Down Under Closed)			
Spin HIIT Noon	12:10-12:50PM	Chinook 20	Jenn
Zumba	5:00-5:50PM	Chinook 20	Sung
Saturday, December 23-Monday, December 25 All Facilities CLOSED			
Tuesday, December 26 (SRC Hours 11:00AM-7:00PM) (Chinook & Down Under Closed)			
Wednesday, December 27 (SRC Hours 11:00AM-7:00PM) (Chinook & Down Under Closed)			
Gravity Express Noon	12:10-12:50PM	SRC 252	Alexa
Spin	5:00-5:50PM	SRC 252	Emily K
Yoga Flow	6:00-7:00PM	SRC 256	Elizabeth
Thursday, December 28 (SRC Hours 11:00AM-7:00PM) (SRC & Down Under Closed)			
Pilates	4:00-4:50PM	SRC 256	Elizabeth
Spin	5:00-5:50PM	SRC 252	Emily K
Friday, December 29 (SRC Hours 11:00AM-7:00PM) (Chinook & Down Under Closed)			
Spin Express	12:10-12:50PM	SRC 252	Emily K



Saturday, December 30 (SRC Hours 11:00AM-7:00PM) (Chinook & Down Under Closed)			
BodyPump	10:15-11:15AM	SRC 256	Kyle N
Sunday, December 31 (SRC Hours 11:00AM-7:00PM) (Chinook & Down Under Closed)			
Yoga Flow	11:00-12:00PM	SRC 256	Kyle N
Monday, January 1: All Facilities CLOSED			
Tuesday, January 2 (SRC Hours 5:30AM-11:30PM) (Chinook 11:00AM-1:00PM) (Down Under Closed)			
BodyPump	7:10-8:00AM	SRC 256	Kyle N
TRX	12:00-12:50PM	SRC 245	Emelee
Spin	5:00-5:50PM	SRC 252	Emily K
Kickboxing	6:00-7:00PM	SRC 245	Jenn
Yoga	6:30-7:30PM	SRC 256	Elizabeth
Wednesday, January 3 (SRC Hours 5:30AM-11:30PM) (Chinook 11:00AM-1:00PM) (Down Under Closed)			
Kettlebells & Core	7:10-8:00AM	SRC 245	Emelee
Gravity Express Noon	12:10-12:50PM	SRC 252	Alexa
Yoga Flow	5:00-6:00PM	SRC 256	Kyle N
Spin	5:00-5:50PM	SRC 252	Emily K
Zumba	5:00-5:50PM	SRC 245	Sung
BootCamp	6:10-7:00PM	SRC 245	Elizabeth
Barre	6:10-7:00PM	SRC 256	Jenn
Thursday, January 4 (SRC Hours 5:30AM-11:30PM) (Chinook 11:00AM-1:00PM) (Down Under Closed)			
TRX	7:00-7:50AM	SRC 245	Emelee
BodyPump	7:10-8:00AM	SRC 256	Kyle N
Spin	5:00-5:50PM	SRC 252	Jenn
Yoga	6:30-7:30PM	SRC 256	Elizabeth
Friday, January 5 (SRC Hours 5:30AM-11:30PM) (Chinook 11:00AM-1:00PM) (Down Under Closed)			
Zumba	5:00-5:50PM	SRC 245	Sung
Saturday, January 6 (SRC Hours 9:00AM-7:00PM) (Chinook & Down Under Closed)			
Yoga Flow	5:00-6:00PM	SRC 256	Elizabeth
Sunday, January 7 (SRC Hours 9:00AM-7:00PM) (Chinook & Down Under Closed)			
Spin Endurance	5:00-6:00PM	SRC 252	Elizabeth

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 8^h- 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 for training opportunities. You can also email Angie Isernio, Graduate Assistant for Group Fitness & Instruction at angela.isernio@wsu.edu

