

# FREE CLASSES for Spring Break (3/11-3/17)

All Group Fitness classes are FREE!

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

Sunday, March 11 (SRC 9:00AM-7:00PM)(Chinook & Down Under Closed)			
Yoga Flow	4:00-4:50PM	SRC 256	Elizabeth
Spin	5:00-5:50PM	SRC 252	Angie
Monday, March 12 (SRC 5:30AM-7:00PM)(Chinook 11:00AM-1:00PM)(Down Under Closed)			
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
BodyPump Express	12:10-1:00PM	Smith 115	Kyle N
Gravity Express	12:10-12:50PM	SRC 252	Alexa
Insanity	5:00-5:50PM	SRC 256	Jenn
Zumba	5:00-5:50PM	SRC 245	Sung
Yoga Flow	6:00-6:50PM	SRC 256	Joanne
Tuesday, March 13 (SRC 5:30AM-7:00PM)(Chinook 11:00AM-1:00PM)(Down Under Closed)			
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
Step and Core	11:00AM-12:00PM	Smith 115	Megan
TRX	12:00-12:50PM	SRC 245	Joanne
Pole Fit	12:00-1:00PM	Chinook 30	Alexa
Gentle Yoga	12:05-1:00PM	Smith 115	Deb
Spin	5:00-5:50PM	SRC 252	Emily K
Zumba	5:00-5:50PM	SRC 245	Sung
Barre Strength	6:00-6:50PM	SRC 256	Jenn
Wednesday, March 14 (SRC 5:30AM-7:00PM)(Chinook 11:00AM-1:00PM)(Down Under Closed)			
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
BodyPump Express	12:10-1:00PM	Smith 115	Kyle N
Gravity Express	12:10-12:50PM	SRC 252	Alexa
Zumba	5:00-5:50PM	SRC 245	Sung
Insanity	5:00-5:50PM	SRC 256	Jenn
Yoga Flow	6:00-6:50PM	SRC 256	Joanne
Thursday, March 15 (SRC 5:30AM-7:00PM)(Chinook 11:00AM-1:00PM)(Down Under Closed)			
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
Step and Core	11:00AM-12:00PM	Smith 115	Megan
TRX	12:00-12:50PM	SRC 245	Joanne
Pole Fit	12:00-1:00PM	Chinook 30	Alexa
Gentle Yoga	12:05-1:00PM	Smith 115	Deb
Spin	5:00-5:50PM	SRC 252	Emily K
Zumba	5:00-5:50PM	SRC 245	Sarah
Barre Strength	6:00-6:50PM	SRC 256	Jenn



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Friday, March 16 (SRC 5:30AM-7:00PM)(Chinook 11:00AM-1:00PM)(Down Under Closed)			
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
BodyPump Express	12:10-1:00PM	Smith 115	Kyle N
Gravity Express	12:10-12:50PM	SRC 252	Alexa
Zumba	5:00-5:50PM	SRC 245	Sarah
Yoga Endurance	5:30-6:30PM	SRC 256	Elizabeth
Saturday, March 17 (SRC 9:00AM-7:00PM) (Chinook & Down Under Closed)			
Yoga Flow	5:00-6:00PM	SRC 256	Elizabeth
Zumba	6:00-6:50PM	SRC 245	Sarah

## Group Fitness Announcements & Reminders:

-Spring Session 2 classes resume Sunday, March 18<sup>th</sup>

-Looking for more FREE Group Fitness classes? Come "Sweat the Stress" during finals week, April 30 -May 4!

-Summer Session 1 will begin May 7<sup>th</sup>. Registration opens April 16<sup>th</sup>.

**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

