

Fall 2018 Fitness Session 1: August 27-October 14

Try any Fall Session 1 class for FREE during All Access Week August 20-26. Registration open 6/1-9/7.

Pick 2 Special! Purchase ANY 2 classes* and receive \$10 off your purchase and a free gift (while supplies last)! Pick 2 also available online at urec.wsu.edu/fitness

Free Fitness FriYAY- Get your sweat on before the weekend starts!

| Class | Days | Time | Location (varies) | Instructor |
|-------------------------------|----------------------|--------------|-------------------|------------|
| Week 1: HIIT Strength | Friday, August 31 | 4:00-4:50PM | SRC 252 | TBD |
| Week 2: Spin | Friday, September 7 | 4:00-4:50PM | SRC 245 | TBD |
| Week 3: Barre | Friday, September 14 | 4:00-4:50PM | SRC 256 | TBD |
| Week 4: Yoga | Friday, September 21 | 4:00-4:50PM | SRC 256 | TBD |
| Week 5: Zumba or Cardio Dance | Friday, September 28 | 4:00-4:50 PM | SRC 245 | TBD |
| Week 6: Kettlebells | Friday, October 5 | 4:00-4:50PM | SRC 256 | TBD |
| Week 7: Pilates | Friday, October 12 | 4:00-4:50PM | SRC 245 | TBD |

*FSFP Members can only purchase classes during the regular pass hours, between 11 am and 1 pm. A membership or a day/guest pass is required to participate in classes located at the Chinook, SRC and Down Under. A Fitness punch card does not provide access to the SRC or Chinook for non-members. Please note that there is a SRC and FSFP member rate for Chinook classes, which provides Chinook access 20 minutes prior to class to 20 minutes after. Classes must be purchased at the same time to receive pick 2 discount. Please see our website for refund policy. 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. Contact Joanne Greene at 335-9669 for more information.

