

Fall 2018 Fitness Session 2: October 15-December 9

Registration open 9/24-11/2. Thanksgiving Break schedule November 18-24. See urec.wsu.edu/fitness for special schedule.

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)
Week 1: Pilates	October 19, 2018	4:00-4:50PM	SRC 245
Week 2: Kickboxing	October 26, 2018	4:00-4:50PM	SRC 252
Week 3: Spin	November 2, 2018	4:00-4:50PM	SRC 256
Week 4: Yoga	November 9, 2018	4:00-4:50PM	SRC 256
Week 5: Cardio Dance	November 16, 2018	4:00-4:50 PM	SRC 245
Week 6: Kettlebells	November 30, 2018	4:00-4:50PM	SRC 256
Week 7: Capoeira	December 7, 2018	4:00-4:50PM	SRC 245

*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.

