

Spring 2019 Fitness Session 1: January 14-March 3

Registration open 12/1/2018-2/1/2019. All classes listed below FREE for All Access Week, 1/7-1/13.

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)
TRX	Friday, January 18	4:00-4:50PM	SRC 245
Kettlebells	Friday, January 25	4:00-4:50PM	SRC 245
Cardio Hip Hop	Friday, February 1	4:00-4:50PM	SRC 245
Kickboxing	Friday, February 8	4:00-4:50PM	SRC 245
Yoga	Friday, February 15	4:00-4:50PM	SRC 256
Spin	Friday, February 22	4:00-4:50PM	SRC 252
Zumba	Friday, March 1	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.

