



Mind/Body Class Schedule

Fall 2009 Session II: Oct 19 – Dec 13

Student Recreation Center 245

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rise n' Shine Yoga 6:30 - 7:30 AM <i>Renee</i>	Sunrise Pilates 6:30-7:30 AM <i>Natalie C.</i>	Rise n' Shine Yoga 6:30 - 7:30 AM <i>Renee</i>	Sunrise Pilates 6:30-7:30 AM <i>Natalie C.</i>	Rise n' Shine Yoga 6:30 - 7:30 AM <i>Renee</i>	
Sunday Pilates 12:00-1:00 PM <i>Tasia/Sam</i>				NEW for Session II, improved class start times will allow participants to take back to back Fitness Passport classes and mind/body classes!		
Yoga Rocks 5:00-6:00 PM <i>Nate/Sam</i>		TTh Yolates 3:20-4:20 PM <i>Aletha</i>		TTh Yolates 3:20-4:20 PM <i>Aletha</i>		
Restorative Yoga 6:05-7:05 PM <i>Sheri</i>	MW Pilates 5:30 - 6:30 PM <i>Natalie</i>	Athletic Yoga 4:30-5:30 PM <i>Aletha</i>	MW Pilates 5:30 - 6:30 PM <i>Natalie</i>	Athletic Yoga 4:30-5:30 PM <i>Aletha</i>		
Meditation 7:10-7:40 PM <i>Sheri</i>	Endurance Yoga 6:40 – 7:40 PM <i>Sheri</i>	Yoga Flow 5:40 – 6:40 PM <i>Joanne</i>	Endurance Yoga 6:40 – 7:40 PM <i>Sheri</i>	Yoga Flow 5:40 – 6:40 PM <i>Joanne</i>		
		Yolates PM 6:50-7:50 PM <i>Sam</i>		Yolates PM 6:50-7:50 PM <i>Sam</i>		

Conditioning Center (Hollingbery Fieldhouse 201)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Strength n' Flow Yoga 12:05 - 1:00 PM <i>Deb</i>		Strength n' Flow Yoga 12:05 - 1:00 PM <i>Deb</i>		

Equipment

Mats are required for Yoga and Yolates classes and highly recommended for Pilates classes. With the purchase of a Mind/Body ticket, yoga mats can be purchased at a discounted price at the SRC and the ORC. Participant mats may be stored in the closets of SRC 245 or CC 201 for convenience. University Recreation is not responsible for lost or stolen equipment.

Registration

Please complete the Fitness Registration form and return it to the Student Recreation Center Service Counter or register online at urec.wsu.edu. With receipt or proof of purchase, our refund policy is: full refund given within six days after the start of class, 50% refund within thirteen days after the start of class. No refund will be given after 13 days of the start of class.

Accessibility

Reasonable accommodations are available with adequate prior notification. Contact Joanne Greene or Jeff Elbracht at 335-9669 for more information.

Class Cancellation

To keep costs low, all classes are assessed for cancellation at the end of the first week of the session. Participants in classes with low enrollment will be given the option of a full refund or transfer into another class.



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Pick 2 Special: Pick two Mind/Body Class Tickets or add a Fitness Passport to your ticket and receive \$10 off your purchase AND your choice of a yoga bag or a Cougs ♥ Fitness t-shirt (while supplies last)! *Both items must be for the same person, for the same session.

	Member	Non-Member	Days	Time	Location
Pilates					
Pilates is an exercise format that strengthens and stretches muscles, targeting the core of the body. Participants love the benefits of improved posture, strength, and flexibility.					
Sunday Pilates	\$18	NA	Su	12:00-1:00 PM	SRC 245
Sunrise Pilates	\$33	NA	TTh	6:30-7:30 AM	SRC 245
MW Pilates	\$33	NA	MW	5:30-6:30 PM	SRC 245

Yoga
Yoga classes are designed to increase muscular strength, endurance, posture, balance, and flexibility through a variety of postures and poses. Yoga facilitates integration of the mind and body by focusing on the breath and experiencing the body from the inside out. No experience is necessary.

Rise n' Shine Yoga	\$39	NA	MWF	6:30-7:30 AM	SRC 245
Endurance Yoga	\$33	NA	MW	6:40-7:40 PM	SRC 245
Strength n' Flow Yoga	\$33	\$39	TTh	12:05-1:00 PM	CC 201
Athletic Yoga	\$33	NA	TTh	4:30-5:30 PM	SRC 245
Yoga Flow	\$33	NA	TTh	5:40-6:40 PM	SRC 245
Yoga Rocks	\$18	NA	Su	5:00-6:00 PM	SRC 245
Restorative Yoga	\$18	NA	Su	6:05-7:05 PM	SRC 245

Yolates
A combination of yoga and Pilates exercises, this class gives the best of both worlds! Benefits include improved strength, endurance, balance, posture, and flexibility.

TTh Yolates	\$28	NA	TTh	3:20-4:20 PM	SRC 245
Yolates PM	\$33	NA	TTh	6:50-7:50 PM	SRC 245

Meditation
This class will explore different styles of meditation for stress management and personal growth. Classes will range from movement to deep relaxation and Zen styles.

Meditation	\$10	NA	Su	7:10-7:40 PM	SRC 245
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For classes within the Student Recreation Center (SRC), participants must gain access to the SRC through a membership, SRC Guest/Day pass, or SRC punch card.