

Fitness Fall In-Person

Session 1: August 24-October 18, 2020

All Access Week: August 24-30

Class schedule may be subject to change. Class times and capacity reflect physical distancing guidelines.

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

Aerobics & Conditioning – Have Fun & Stay Fit!

| <input type="checkbox"/> | Class | Days | Time | Location | Instructor |
|--------------------------|----------------------------------|-------------|----------------|-------------------------------|-------------|
| <input type="checkbox"/> | Boot Camp, Evening | Tues, Thurs | 5:10-6:00 PM | Chinook 30 | Raymond H. |
| <input type="checkbox"/> | Cardio & Core, Noon | Tues, Thurs | 12:20-1:00 PM | Chinook 20 | Holly C. |
| <input type="checkbox"/> | Kickboxing, Late Night | Mon, Wed | 8:00-8:50 PM | SRC 256 | Raymond H. |
| <input type="checkbox"/> | Kickboxing Cardio, Evening | Tues, Thurs | 7:20-8:00 PM | SRC 256 | Lydia L. |
| <input type="checkbox"/> | Les Mills Body Pump, Evening | Mon, Wed | 5:40-6:30 PM | SRC 256 | Kari N. |
| <input type="checkbox"/> | Les Mills Body Pump, Sunrise | Tues, Thurs | 6:30-7:20 AM | SRC 256 | Alexis C. |
| <input type="checkbox"/> | Les Mills Body Pump, Saturday | Saturday | 10:20-11:10 AM | SRC 256 | JJ M. |
| <input type="checkbox"/> | Les Mills Body Pump, Sunday | Sunday | 4:00-4:50 PM | Chinook 30 | Lydia L. |
| <input type="checkbox"/> | Les Mills GRIT, Morning | Tues, Thurs | 8:00-8:35 AM | Chinook 30 | JJ M. |
| <input type="checkbox"/> | Outdoor Conditioning (Outdoors) | Tues, Thurs | 8:00-8:45 AM | SRC Outdoor Basketball Courts | Jonathan S. |
| <input type="checkbox"/> | Pink Gloves Boxing, Evening | Mon, Wed | 4:10-5:00 PM | SRC 256 | Jess W. |
| <input type="checkbox"/> | Pink Gloves Boxing, Late Evening | Tues, Thurs | 8:30-9:20 PM | SRC 256 | K Mc. |

Dance Fitness – Get into the Groove!

| <input type="checkbox"/> | Class | Days | Time | Location | Instructor |
|--------------------------|-------------------------------|-------------|--------------|------------|-------------|
| <input type="checkbox"/> | Pole Fit, Evening, All Levels | Tues, Thurs | 7:45-8:35 PM | Chinook 30 | Danielle K. |
| <input type="checkbox"/> | Zumba, Women's Only | Mon, Wed | 7:30-8:20 PM | SRC 245 | Sophie T. |

Please note that SRC is the Student Recreation Center, while SFC is the Stephenson Fitness Center. The information and online activities presented in our fitness classes are to be used as a guideline only. If any of the exercises cause any pain or discomfort, stop the exercise immediately and consult your physician. We strongly encourage you to consult with a physician before participating in any physical activity.

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.

Instructional Dance – No Experience Necessary!

| <input type="checkbox"/> | Class | Days | Time | Location | Instructor |
|--------------------------|------------------------------------|----------|-------------------|------------|---------------------------------|
| <input type="checkbox"/> | Ballet Technique | Mon, Wed | 8:40-9:25 PM | SRC 245 | Kasey T. |
| <input type="checkbox"/> | Mixed Styles Choreography & Improv | Saturday | 11:30 AM-12:15 PM | SRC 245 | Dance Team (alternating weekly) |
| <input type="checkbox"/> | Pole Fit Dance Choreography | Mon, Wed | 6:45-7:30 PM | Chinook 30 | Makayla M. & Danielle K. |



Indoor Cycling – Challenging for All Levels!

| <input type="checkbox"/> | Class | Days | Time | Location | Instructor |
|--------------------------|-----------------------|---------------|----------------|----------|-------------------|
| <input type="checkbox"/> | Spin, Sunrise | Mon, Wed, Fri | 6:10-7:00 AM | SRC 245 | Joanne G. |
| <input type="checkbox"/> | Spin & Core, Evening | Tues, Thurs | 5:30-6:20 PM | SRC 245 | Suha K. & Mode R. |
| <input type="checkbox"/> | Spin, Intro, Evening | Mon, Wed | 5:40-6:10 PM | SRC 245 | Suha K. & Mode R. |
| <input type="checkbox"/> | Coug Cycle, Evening | Tues, Thurs | 6:40-7:25 PM | SRC 245 | Chloe B. |
| <input type="checkbox"/> | Coug Cycle, Evening | Tues, Thurs | 7:45-8:30 PM | SRC 245 | Chloe B. |
| <input type="checkbox"/> | Spin & Core, Saturday | Saturday | 10:00-10:50 AM | SRC 245 | Holly C. |

Mobility & Flexibility (Mo-Flex) – Take Time to Recover!

| <input type="checkbox"/> | Class | Days | Time | Location | Instructor |
|--------------------------|------------------------|----------|--------------|----------|------------|
| <input type="checkbox"/> | Mobility & Flexibility | Mon, Wed | 7:00-7:30 PM | SRC 256 | Raymond H. |

Mind/Body – Energize & Stabilize!

| <input type="checkbox"/> | Class | Days | Time | Location | Instructor |
|--------------------------|----------------------------------|---------------|---------------|-------------------|------------|
| <input type="checkbox"/> | Yoga, Vinyasa Flow, Sunrise | Mon, Wed, Fri | 6:10-7:00 AM | SRC 245 | Kat J. |
| <input type="checkbox"/> | Yoga Core, Noon | Mon, Wed, Fri | 12:10-1:00 PM | Chinook 22 | Hannah C. |
| <input type="checkbox"/> | Yoga Core, Afternoon (Outdoors) | Mon, Wed | 4:20-5:10 PM | SRC Pool Sun Deck | Joanne G. |
| <input type="checkbox"/> | Yoga, Vinyasa Flow @ 90, Evening | Tues, Thurs | 6:20-7:10 PM | Chinook 22 | Jenny E. |
| <input type="checkbox"/> | Yoga, Restorative, Evening | Tues, Thurs | 7:30-8:20 PM | Chinook 22 | Hannah C. |
| <input type="checkbox"/> | Yoga, Mindful, Sunday | Sunday | 9:30-10:20 AM | SRC 245 | Kyle D. |

Wellbeing Online – Dedicated to Help with Active, Healthy Living!

<https://wellbeingonline.wsu.edu/wellbeing-online/>

Wellbeing is more than just physical health; it also comprises emotional, intellectual, social, spiritual, financial, occupational, and environmental health, which all interact. Explore resources, from weekly articles to nutrition tips, to improve your personal wellbeing!

Free Fitness FriYAY (Les Mills) – Take It to the Next Level!

FREE for members. Non-members: \$10 for day pass (\$6 with a member).

Class length and location will vary depending on format.

| <input type="checkbox"/> | Class | Days (Friday) | Time | Location |
|--------------------------|---------------------|------------------|---------|----------|
| <input type="checkbox"/> | Les Mills GRIT | 8/28 | 5:30 PM | SRC 256 |
| <input type="checkbox"/> | Les Mills Body Pump | 9/11 | | SRC 256 |
| <input type="checkbox"/> | Les Mills GRIT | 9/18 | | SRC 256 |
| <input type="checkbox"/> | Les Mills Body Pump | 10/2 | | SRC 256 |
| <input type="checkbox"/> | Les Mills GRIT | 10/9 | | SRC 256 |



CougStrong – Community Fitness for All Cougs!

| | Class | Days | Time | Location |
|--------------------------|------------------------------|-------------------|-------------------|-------------|
| <input type="checkbox"/> | Jumpstart | August 24-28 only | 4:15-5:15 PM | Chinook B40 |
| <input type="checkbox"/> | WSU CougStrong Pass | Mon, Wed | 6:15-7:15 AM | |
| | | Tues, Thurs, Fri | 11:30 AM-12:30 PM | |
| | | Mon, Wed, Fri | 5:30-6:30 PM | |
| | | Saturday | 10:00-11:00 AM | |
| | | Sunday | 1:30-3:00 PM | |
| <input type="checkbox"/> | WSU CougStrong Pass (Online) | Tues, Thurs | 6:15-7:15 AM | Zoom |
| | | Mon, Wed | 11:30 AM-12:30 PM | |
| | | Tues, Thurs | 5:30-6:30 PM | |
| <input type="checkbox"/> | Intro to CougStrong | Mon, Wed | 7:30-8:30 AM | Chinook B40 |
| | | Tues, Thurs | 5:15-6:15 PM | SFC 101D |

Jumpstart: This beginner-focused course includes lecture, discussion, and coaching on foundational movements.

CougStrong Pass: Purchasing the CougStrong Pass gives you unlimited access to all our CougStrong classes.

Intro to CougStrong: Intro to CougStrong classes are beginner focused with an emphasis on slow progression and movement coaching.

Small Group Training – Fitness with Friends!

| | Class | Days | Time | Location | Instructor |
|--------------------------|--------------------------------|-------------|--------------|-----------------|------------|
| <input type="checkbox"/> | Intro to Olympic Weightlifting | Mon, Wed | 3:00-4:00 PM | Chinook B40 | Deep M. |
| <input type="checkbox"/> | Women on Weights | Mon, Wed | 5:30-6:30 PM | SRC Weight Room | Amanda H. |
| <input type="checkbox"/> | Intro to Weight Training | Mon, Wed | 6:30-7:30 PM | SRC Weight Room | Devon T. |
| <input type="checkbox"/> | Intro to Power Lifting | Mon, Wed | 6:45-7:45 PM | Chinook B40 | Steven F. |
| <input type="checkbox"/> | Intro to Strongman Training | Tues, Thurs | 3:00-4:00 PM | Chinook B40 | Steven F. |
| <input type="checkbox"/> | Warrior Fitness Training | Tues, Thurs | 6:45-7:45 PM | Chinook B40 | Steven F. |

Intro to Power Lifting (Tier 1): This 7-week class focuses on developing the big 3: Bench Press, Back Squat, and Deadlift. Over the duration of this class you will learn proper power lifting form and become prepared to step into the powerlifting world whether the goal be competition or recreational.

Power Lifting (Tier 2): The Tier 2 Power Lifting course is a continuation of the Tier 1 course and is a small, group-based 7-week long training. The foundation of the tier 2 class will be on strength adaptations through advanced and non-traditional Power Lifting modalities.

Introduction to Olympic Weightlifting: This 7-week course meets twice a week and focuses on the proper teaching and optimization of the Olympic Lifts: The Clean & Jerk, and The Snatch. A foundation of squatting, pressing, and lifting will also be developed in this program.

Introduction to Strongman Training: Intro to Strongman is a 7-week course that meets once a week that is open to all genders of all fitness levels. The course will familiarize you with the functional strength lifts associated with Strongman and Strongwoman competitions around the world.

Warrior Fitness Training: Warrior Fitness Training is a strength and conditioning program designed to teach fitness fundamentals that are used by the military, law enforcement, firefighters and first responders. This class focuses on high intensity, body weight, endurance & calisthenics training.

Athletic Skills: Speed, power, agility, reaction, and quickness (SPARQ) are the essential skills for multidirectional sport athletes. This 7-week course focuses on the optimization of each of these factors to increase your athletic potential.



Introduction to Weight Training: Participants will learn the basics of weight training, how to navigate a weight room, how to use all the equipment, and more.

Women on Weights: Experience the weight room in a non-intimidating atmosphere. This 7-week course is designed just for women who may be new to using our weight room & facilities. Participants will learn the basics of weight training and how to navigate our facilities.

Backpack Fitness: This course is designed for those who are looking for a way to complete resistance training at home with little to no equipment. Instead of Barbells and Dumbbells, we will be using backpacks & those dusty textbooks we tend to buy and never use (just kidding).

Intro to At-Home Fitness: Designed for those who are new to working out at home. Participants will learn how to develop at-home fitness programs by practical application. Participants will leave feeling confident in how to effectively create home based workout out routines.

*A membership or a day/guest pass is required to participate in classes located at the SRC, Chinook, and SFC. A Fitness Punch Card does not provide access to the SRC or Chinook facility for non-members. Non-members may purchase classes located at Smith and PEB without a membership. Please note that SRC and Chinook members will have access to classes for which they registered: SRC members will have access to the Chinook 20 minutes prior to class to 20 minutes after, and vice versa for Chinook members at the SRC. The same policy applies to FSFP members at the Chinook. Classes must be purchased at the same time to receive Pick 2 Special discount. Please see our website for refund policy.

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