

Fitness Fall Online

All online fitness classes are **FREE** this semester!!

Session 1: August 24-October 18, 2020

All Access Week: August 24-30

Registration now open! Class schedule may be subject to change. All classes require registration.

Aerobics & Conditioning – Have Fun & Stay Fit!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Core Blast, Sunrise	Mon, Wed	6:15-6:45 AM	Zoom	Mode R.
<input type="checkbox"/>	Functional Training	Mon, Wed	4:20-5:10 PM	Zoom	Errin H.
<input type="checkbox"/>	Kickboxing, Sunday	Sunday	5:30-6:20 PM	Zoom	Raymond H.
<input type="checkbox"/>	Les Mills Body Pump, Noon	Mon, Wed, Fri	12:10-1:00 PM	Zoom	Holly C., Jess W., & JJ M.
<input type="checkbox"/>	Les Mills Body Pump, Late Night	Mon, Wed	8:10-9:00 PM	Zoom	Danielle K.
<input type="checkbox"/>	Pink Gloves Boxing, Morning	Tues, Thurs	6:30-7:20 AM	Zoom	Kera G.
<input type="checkbox"/>	STRONG Nation 30, Evening	Mon, Wed	5:25-6:00 PM	Zoom	Anna C.
<input type="checkbox"/>	STRONG Nation, Noon	Tue, Thurs	11:00-11:50 AM	Zoom	Han Y.

Dance Fitness – Get into the Groove!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Barre to the Beat, Afternoon	Tue, Thurs	4:15-5:00 PM	Zoom	Katelyn S.
<input type="checkbox"/>	Zumba, Late Morning	Mon, Wed, Fri	11:00-11:45 AM	Zoom	Zoe G.
<input type="checkbox"/>	Zumba, Evening	Tue, Thurs	5:20-6:10 PM	Zoom	Laura Y.
<input type="checkbox"/>	Zumba, Late Night	Tues, Thurs	8:10-9:00 PM	Zoom	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!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Contemporary & Lyrical Dance	Tues, Thurs	8:30-9:15 PM	Zoom	Rayli F.
<input type="checkbox"/>	Country Line Dance	Tues, Thurs	5:30-6:15 PM	Zoom	Zoe G.
<input type="checkbox"/>	Jazz Dance	Mon, Wed	7:40-8:30 PM	Zoom	Megan W.
<input type="checkbox"/>	Mixed Styles Choreography & Improv	Mon, Wed	4:20-5:05 PM	Zoom	Megan W. & Makayla M.
<input type="checkbox"/>	Musical Theatre Dance	Tues, Thurs	7:00-7:45 PM	Zoom	Noelle N.
<input type="checkbox"/>	Polynesian Dance	Mon, Wed	6:25-7:10 PM	Zoom	Kau'I S.

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

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Mobility & Flexibility	Tues, Thurs	6:35-7:05 PM	Zoom	Raymond H.

Free Fitness FriYAY (Online) – Get Your Sweat On Before the Weekend!

FREE for members and non-members. Class length will vary depending on format.

	Class	Days (Friday)	Time	Location
<input type="checkbox"/>	Yoga	8/28	5:15 PM	Zoom
<input type="checkbox"/>	Chair Yoga	9/4		
<input type="checkbox"/>	Polynesian Dance	9/11		
<input type="checkbox"/>	Kickboxing	9/18		
<input type="checkbox"/>	Tabata	9/25		
<input type="checkbox"/>	Functional Training	10/2		
<input type="checkbox"/>	Yoga	10/9		
<input type="checkbox"/>	Boot Camp	10/16		

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!



Mind/Body – Energize & Stabilize!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Yoga, Mindful, Morning	Mon, Wed, Fri	7:10-8:00 AM	Zoom	Zhuoli A.
<input type="checkbox"/>	Mindfulness & Meditation	Wednesday	5:15-5:45 PM	Zoom	Cill R.
<input type="checkbox"/>	Yoga, Power, Evening	Mon, Wed, Fri	6:30-7:20 PM	Zoom	Ajay B.
<input type="checkbox"/>	Yoga, Intro, Evening	Mon, Wed	7:40-8:30 PM	Zoom	Amani E.
<input type="checkbox"/>	Yoga, Gentle, Noon	Tues, Thurs	12:10-1:00 PM	Zoom	Deb P.
<input type="checkbox"/>	Yoga, Intro, Evening	Tues, Thurs	7:35-8:25 PM	Zoom	Amani E.
<input type="checkbox"/>	Yoga, Core, Evening	Tues, Thurs	7:00-7:50 PM	Zoom	Madison R.
<input type="checkbox"/>	Yoga, Strength, Late Night	Tues, Thurs	8:45-9:35 PM	Zoom	Ajay B.
<input type="checkbox"/>	Yoga for the Strength Athlete	Saturday	11:10-12:00 PM	Zoom	Kyle D.
<input type="checkbox"/>	Yoga, Power	Sunday	4:10-5:00 PM	Zoom	Jenny E.

CougStrong – Community Fitness for All Cougs!

	Class	Days	Time	Location
<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	

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"/>	Backpack Fitness	Tues, Thurs	2:00-3:00 PM	Zoom	Xiaerzhate A.
<input type="checkbox"/>	Women on Weights: At Home Edition (1)	Mon, Wed	4:30-5:30 PM	Zoom	Liza S.
<input type="checkbox"/>	Women on Weights: At Home Edition (2)	Tues, Thurs	6:00-7:00 PM	Zoom	Liza S.
<input type="checkbox"/>	Intro to At-Home Fitness (1)	Tues, Thurs	7:00-8:00 AM	Zoom	Xiaerzhate A.
<input type="checkbox"/>	Intro to At-Home Fitness (2)	Mon, Wed	5:45-6:45 PM	Zoom	Eddie R.
<input type="checkbox"/>	Warrior Fitness Training (Online)	Tues, Thurs	4:00-5:00 PM	Zoom	Steven F.
<input type="checkbox"/>	Athletic Skills	Mon, Wed	3:30-4:30 PM	Zoom	Devon T.



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.

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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