

Fitness Fall 2020 Session 2 In-Person

Session 2: Oct. 19-Nov. 22, 2020

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! Pick 2 Special also available online at urec.wsu.edu/fitness.

Aerobics & Conditioning – Have Fun & Stay Fit!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Pink Gloves Boxing	MW	4:10-5:00pm	SRC 256	Bailey C.
<input type="checkbox"/>	Les Mills Body Pump, Evening	MW	5:40-6:30pm	SRC 256	Kari N.
<input type="checkbox"/>	Kickboxing, Late Night	MW	8:00-8:50pm	SRC 256	Raymond H.
<input type="checkbox"/>	Les Mills Body Pump, Sunrise	TTh	6:30-7:20am	SRC 256	Alexis C.
<input type="checkbox"/>	Cardio & Core	TTh	12:20-1:00pm	Chinook 20	Holly C.
<input type="checkbox"/>	Les Mills GRIT	TTh	5:25-6:00pm	Chinook 30	Laura Y.
<input type="checkbox"/>	Kickboxing Cardio, Evening	TTh	7:20-8:00pm	SRC 256	Lydia L.
<input type="checkbox"/>	Pink Gloves Boxing	TTh	8:30-9:20pm	SRC 256	Keira Mc.
<input type="checkbox"/>	Les Mills Body Pump, Saturday	Sat.	10:20-11:10am	SRC 256	Danielle K.

Dance Fitness – Get into the Groove!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	PoleFit, Beginner	MW	5:40-6:30pm	Chinook 30	Makayla M.
<input type="checkbox"/>	PoleFit, Dance Choreography	MW	6:45-7:30pm	Chinook 30	Makayla M. & Danielle K.
<input type="checkbox"/>	Zumba, Women's Only	MW	6:40-7:30pm	SRC 245	Sophie T.
<input type="checkbox"/>	PoleFit, Evening All Levels	TTh	7:45-8:35pm	Chinook 30	Danielle K.

Instructional Dance – No Experience Necessary!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Ballet Technique	MW	4:30-5:15pm	SRC 245	Kasey T.
<input type="checkbox"/>	Mixed Styles Choreography & Improv, Saturday	Sat.	11:30am-12:15pm	SRC 245	URec Dance Team

Indoor Cycling – Challenging for All Levels!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Sunrise Spin	MWF	6:10-7:00am	SRC 245	Joanne G.
<input type="checkbox"/>	Intro to Spin, Evening	MW	5:40-6:10pm	SRC 245	Suha K. & Mode R.
<input type="checkbox"/>	Coug Cycle, Evening	MW	8:00-8:45pm	SRC 245	Laura Y.
<input type="checkbox"/>	Spin & Core, Evening	TTh	5:30-6:20pm	SRC 245	Suha K. & Mode R.
<input type="checkbox"/>	Coug Cycle, Evening	TTh	6:40-7:25pm	SRC 245	Chloe B.
<input type="checkbox"/>	Coug Cycle, Evening	TTh	7:45-8:30pm	SRC 245	Chloe B.
<input type="checkbox"/>	Spin & Core, Saturday	Sat	10:00-10:50am	SRC 245	Holly C.

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.



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

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Mo-Flex	MW	7:00-7:30pm	SRC 256	Raymond H.

Martial Arts

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Taekwondo	TTH	6:00-6:50pm	SRC 256	Lydia L. & Kassie F.

Mind/Body – Energize & Stabilize!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Yoga Core, Afternoon	MW	4:20-5:10pm	Chinook 22	Joanne G.
<input type="checkbox"/>	Yoga, Chair, Evening	MW	5:30-6:15pm	Chinook 22	Cassandra Y.
<input type="checkbox"/>	Yoga, Vinyasa Flow	TTh	7:30-8:20am	SRC 245	Kat J.
<input type="checkbox"/>	Yoga, Restorative	TTH	6:10-7:00pm	Chinook 22	Nathan W.

CougStrong – Community Fitness for All Cougs!

	Class	Days	Time	Location
<input type="checkbox"/>	CougStrong w/ Fransisco R.	MW	6:15-7:15am	Chinook B40
<input type="checkbox"/>	CougStrong w/ Allen C.	MW	7:30-8:30am	
<input type="checkbox"/>	CougStrong w/ Matt A., Joanne G. & Jess W.	MWF	11:30am-12:30pm	
<input type="checkbox"/>	CougStrong w/ Fransisco R. & Cole M.	MWF	5:30-6:30pm	
<input type="checkbox"/>	CougStrong w/ Allen C.	TTH	7:30-8:30am	
<input type="checkbox"/>	CougStrong w. Jess W. & DJ M.	TTH	11:30am-12:30pm	

Small Group Training – Fitness with Friends!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Intro to Olympic Weight Lifting	MW	3:00-4:00pm	Chinook B40	Deep M.
<input type="checkbox"/>	Intro to Weight Training	MW	6:30-7:30pm	SRC Weight Room	Devon T.
<input type="checkbox"/>	Intro to Power Lifting	MW	6:45-7:45pm	Chinook B40	Steven F.
<input type="checkbox"/>	Intro to Strongman Training	TTH	3:00-4:00pm	Chinook B40	Julius R.
<input type="checkbox"/>	Women on Weights	TTH	5:30-6:30pm	SRC Weight Room	Amanda H.
<input type="checkbox"/>	Warrior Fitness Training	TTH	6:45-7:45pm	Chinook B40	Steven F.

Small Group Training Class Descriptions on the next page.



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 routines.

*A membership or a day/guest pass is required to participate in classes located at the SRC, Chinook, and SFC. We are unable to accept punch cards at this time. 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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