

Fitness Fall 2020 Session 2 & 3 Online

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

Session 2 & 3: October 19-December 13

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

Note: Registration for online classes for Session 2 and Session 3 will be combined: If you register for online classes for Session 2, you do not need to register again for Session 3. A few online classes will only run for Session 2 (indicated at registration). Registration for in-person classes will remain separate and required for Session 3.

Aerobics & Conditioning – Have Fun & Stay Fit!

<input type="checkbox"/>	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Core Blast, Sunrise	MW	6:15-6:45am	Zoom	Mode R.
<input type="checkbox"/>	Les Mills Body Pump	MWF	12:10-1:00pm	Zoom	Holly C., Jess W. & JJ M.
<input type="checkbox"/>	Functional Training	MW	4:20-5:10pm	Zoom	Errin H.
<input type="checkbox"/>	STRONG Nation 30	MW	5:25-6:00pm	Zoom	Anna C.
<input type="checkbox"/>	Pink Gloves Boxing	TTH	6:20-7:30am	Zoom	Kera G.
<input type="checkbox"/>	STRONG Nation, Late Morning	TTH	11:00-11:50am	Zoom	Han Y.

Dance Fitness – Get into the Groove!

<input type="checkbox"/>	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Zumba, Late Morning	MWF	11:00-11:50am	Zoom	Zoe G.
<input type="checkbox"/>	Barre to the Beat	TTH	4:15-5:00pm	Zoom	Katelyn S.
<input type="checkbox"/>	Zumba, Evening	TTH	5:20-6:10pm	Zoom	Brooke K.
<input type="checkbox"/>	Zumba,	TTH	8:10-9:00pm	Zoom	Sophie T.

Instructional Dance – No Experience Necessary!

<input type="checkbox"/>	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Polynesian Dance	MW	6:25-7:10pm	Zoom	Kau'i S.
<input type="checkbox"/>	Jazz Dance	MW	7:40-8:30pm	Zoom	Megan W.
<input type="checkbox"/>	Tap Dance	TTH	5:15-6:00pm	Zoom	Noelle N.
<input type="checkbox"/>	Contemporary & Lyrical Dance	TTH	8:30-9:15pm	Zoom	Rayli F.

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!

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.



Mind/Body – Energize & Stabilize!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Yoga, Mindful	MWF	7:10-8:00am	Zoom	Zhuoli A.
<input type="checkbox"/>	Yoga, Power	MWF	6:30-7:20pm	Zoom	Ajay B.
<input type="checkbox"/>	Yoga, Intro	MW	7:40-8:30pm	Zoom	Amani
<input type="checkbox"/>	Yoga, Gentle	TTH	12:10-1:00pm	Zoom	Deb P.
<input type="checkbox"/>	Yoga, Vinyasa Flow	TTH	6:20-7:10pm	Zoom	Jenny E.
<input type="checkbox"/>	Yoga, Core	TTH	7:00-7:50pm	Zoom	Madison R.
<input type="checkbox"/>	Yoga, Intro	TTH	7:35-8:25pm	Zoom	Amani E.
<input type="checkbox"/>	Yoga, Strength	TTH	8:45-9:35pm	Zoom	Ajay B.
<input type="checkbox"/>	Yoga for the Strength Athlete	Sat.	11:10-12:00	Zoom	Kyle D.
<input type="checkbox"/>	Yoga, Mindful Sunday	Sun.	9:30-10:20am	Zoom	Kyle D.
<input type="checkbox"/>	Yoga, Power Sunday	Sun.	4:10-5:00pm	Zoom	Jenny E.

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

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Mo-Flex	TTH	6:35-7:05pm	Zoom	Raymond H.

CougStrong – Community Fitness for All Cougs!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	WSU CougStrong Saturday	Sat.	10:00-11:00am	Zoom	Allen C.

Small Group Training – Fitness with Friends!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Athletic Skills	MW	3:30-4:30pm	Zoom	Devon T.
<input type="checkbox"/>	Intro to At-Home Fitness (2)	MW	5:45-6:45pm	Zoom	Eddie R.
<input type="checkbox"/>	Women on Weights, At-Home Edition (1)	MW	6:00-7:00pm	Zoom	Liza S.
<input type="checkbox"/>	Intro to At-Home Fitness (1)	TTH	7:00-8:00am	Zoom	Xiaerzhate A.
<input type="checkbox"/>	Backpack Fitness	TTH	2:00-3:00pm	Zoom	Xiaerzhate A.
<input type="checkbox"/>	Warrior Fitness Training	TTH	4:00-5:00pm	Zoom	Ryan N.
<input type="checkbox"/>	Woman on Weights At-Home Edition (2)	TTH	6:00-7:00pm	Zoom	Liza S.

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.

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