

Fitness Fall 2020 Session 3 IN-PERSON: November 30-December 13

Class schedule subject to change. Class times and capacity reflect physical distancing guidelines. Session 2 online classes continue unless noted.

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	MW	5:40-6:30pm	SRC 256	Kari N.
<input type="checkbox"/>	Les Mills Body Pump	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"/>	Kickboxing, Cardio	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	Sat	10:20-11:10am	SRC 256	Danielle K.

Dance Fitness & Instructional Dance – Get into the Groove; No Experience Necessary!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Pole Fit, Beginner	MW	5:40-6:30pm	Chinook 30	Makayla M.
<input type="checkbox"/>	Zumba, Women's Only	MW	6:40-7:30pm	SRC 245	Sophie T.
<input type="checkbox"/>	Pole Fit, Dance Choreography	MW	6:45-7:30pm	Chinook 30	Makayla M & Danielle K.
<input type="checkbox"/>	Pole Fit, All Levels	TTH	7:45-8:35pm	Chinook 30	Danielle K.
<input type="checkbox"/>	Mixed Styles Choreography & Improv	Sat.	11:30am-12:15pm	SRC 245	Rayli F. & Megan W.

Indoor Cycling – Challenging for All Levels!

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

Martial Arts – Improve Strength & Balance!

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

Mind/Body – Energize & Stabilize!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Yoga, Core	MW	4:20-5:10pm	Chinook 22	Joanne G.
<input type="checkbox"/>	Yoga, Restorative	TTH	6:10-7:00pm	Chinook 22	Nathan W.

CougStrong – Community Fitness for All Cougs!

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

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.

