

## Fitness Fall 2020 Sweat the Stress: December 14-18

Both in-person and online options available. Class schedule subject to change. Class times and capacity reflect physical distancing guidelines.

**FREE IN-PERSON CLASSES** – Registration required for each day of class.

### Aerobics & Conditioning – Have Fun & Stay Fit!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Pink Gloves Boxing	Monday	4:10-5:00pm	SRC 256	Bailey C.
<input type="checkbox"/>	Pink Gloves Boxing	Wednesday	4:10-5:00pm	SRC 256	Bailey C.
<input type="checkbox"/>	Les Mills Body Pump	Monday	5:40-6:30pm	SRC 256	Kari N.
<input type="checkbox"/>	Les Mills Body Pump	Wednesday	5:40-6:30pm	SRC 256	Kari N.
<input type="checkbox"/>	Les Mills Body Pump	Tuesday	6:30-7:20am	SRC 256	Alexis C.
<input type="checkbox"/>	Les Mills Body Pump	Thursday	6:30-7:20am	SRC 256	Alexis C.
<input type="checkbox"/>	Cardio & Core	Tuesday	12:20-1:00pm	Chinook 20	Holly C.
<input type="checkbox"/>	Cardio & Core	Thursday	12:20-1:00pm	Chinook 20	Holly C.
<input type="checkbox"/>	Les Mills GRIT	Tuesday	5:25-6:00pm	Chinook 30	Laura Y.
<input type="checkbox"/>	Les Mills GRIT	Thursday	5:25-6:00pm	Chinook 30	Laura Y.
<input type="checkbox"/>	Kickboxing, Cardio	Tuesday	7:20-8:00pm	SRC 256	Lydia L.
<input type="checkbox"/>	Pink Gloves Boxing	Tuesday	8:30-9:20pm	SRC 256	Keira Mc.

### Indoor Cycling – Challenging for All Levels!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Spin, Sunrise	Monday	6:10-7:00am	SRC 245	Joanne G.
<input type="checkbox"/>	Spin, Sunrise	Wednesday	6:10-7:00am	SRC 245	Krista B.
<input type="checkbox"/>	Spin, Sunrise	Friday	6:10-7:00am	SRC 245	Joanne G.
<input type="checkbox"/>	Coug Cycle	Monday	8:00-8:45pm	SRC 245	Laura Y.
<input type="checkbox"/>	Coug Cycle	Wednesday	8:00-8:45pm	SRC 245	Laura Y.
<input type="checkbox"/>	Spin & Core	Tuesday	5:30-6:20pm	SRC 245	Suha K.
<input type="checkbox"/>	Spin & Core	Thursday	5:30-6:20pm	SRC 245	Mode R.
<input type="checkbox"/>	Coug Cycle	Tuesday	6:40-7:25pm	SRC 245	Laura Y.

### Mind/Body – Energize & Stabilize!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Yoga, Vinyasa Flow	Tues.	7:30-8:20am	SRC 245	Kat J.
<input type="checkbox"/>	Yoga, Vinyasa Flow	Thurs.	7:30-8:20am	SRC 245	Kat J.
<input type="checkbox"/>	Yoga, Core	Monday	4:20-5:10pm	Chinook 22	Joanne G.
<input type="checkbox"/>	Yoga, Core	Wednesday	4:20-5:10pm	Chinook 22	Joanne G.

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

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

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.



**CougStrong – Community Fitness for All Cougs!**

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

**FREE ONLINE CLASSES** – Registration required only once for all days of class.

**Aerobics & Conditioning – Have Fun & Stay Fit!**

<input type="checkbox"/>	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Les Mills Body Pump	MWF	12:10-1:00pm	Zoom	Holly C., Jess W. & Danielle K.
<input type="checkbox"/>	STRONG Nation 30	MW	5:25-6:00pm	Zoom	Anna C.
<input type="checkbox"/>	STRONG Nation	TTH	11:00-11:50am	Zoom	Han Y.

**Instructional Dance – No Experience Necessary!**

<input type="checkbox"/>	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Ballet Technique	MW	4:30-5:15pm	Zoom	Kasey T.
<input type="checkbox"/>	Jazz Dance	MW	7:40-8:30pm	Zoom	Megan W.

**Mind/Body – Energize & Stabilize!**

<input type="checkbox"/>	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Yoga, Mindful	MWF	7:10-8:00am	Zoom	Zhuoli A.
<input type="checkbox"/>	Yoga, Chair	MWF	4:45-5:15pm	Zoom	Cassandra Y.
<input type="checkbox"/>	Yoga, Power	MWF	6:30-7:20pm	Zoom	Ajay B.
<input type="checkbox"/>	Yoga, Gentle	TTH	12:10-1:00pm	Zoom	Deb P.
<input type="checkbox"/>	Yoga, Strength	TTH	8:45-9:35pm	Zoom	Ajay B.

**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!

**Les Mills On Demand:**

<https://watch.lesmillsondemand.com/at-home-workouts>

In a FREE service provided by Les Mills, everyone can access 146 workouts across 10 categories! Try our favorites, Body Pump and GRIT, and other exciting formats, like Body Combat! Equipment needed.

**Workouts of the Day** – Workout on Your Own with Our daily WOD!

<https://urec.wsu.edu/fitness/workout-of-the-day/>

Each WOD will have progressions and regressions and options for minimal or no equipment.

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