

## Spring 2021 Week of Welcome (WOW): January 11-17

**All WOW fitness classes are free, with both online and in-person options available!**

Registration opens December 5. Please note this schedule is separate from All Access Week and Session 1.

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"/> | Les Mills Body Pump (Online) | MWF      | 12:10-1:00pm  | Zoom     | Holly C. & JJ M. |
| <input type="checkbox"/> | Les Mills Body Pump          | MW       | 6:10-7:00pm   | SRC 256  | Danielle K.      |
| <input type="checkbox"/> | Pink Gloves Boxing           | Friday   | 6:10-7:00pm   | SRC 256  | Keira            |
| <input type="checkbox"/> | Les Mills Body Pump          | TTH      | 6:30-7:20     | SRC 256  | Alexis           |
| <input type="checkbox"/> | Les Mills GRIT (Online)      | TTH      | 11:15-11:50am | Zoom     | JJ M.            |
| <input type="checkbox"/> | Les Mills Body Combat        | TTH      | 5:40-6:30pm   | SRC 256  | Kari N.          |
| <input type="checkbox"/> | Pink Gloves Boxing           | TTH      | 8:10-9:00pm   | SRC 256  | Caroline         |
| <input type="checkbox"/> | Les Mills Body Pump          | Saturday | 10:20-11:00am | SRC 256  | Krista B.        |
| <input type="checkbox"/> | Les Mills Body Combat        | Saturday | 5:40-6:30pm   | SRC 256  | Kari N.          |
| <input type="checkbox"/> | Spin & Core                  | Sunday   | 4:00-4:50pm   | SRC 245  | Holly C.         |

### 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"/> | Coug Cycle    | MW   | 7:00-7:45pm | SRC 245  | Hannah L.             |
| <input type="checkbox"/> | Coug Cycle    | TTH  | 6:45-7:30pm | SRC 245  | Laura Y.              |

### Mind/Body – Energize & Stabilize!

|                          | Class                  | Days     | Time          | Location   | Instructor  |
|--------------------------|------------------------|----------|---------------|------------|-------------|
| <input type="checkbox"/> | Yoga, Gentle (Online)  | TTH      | 12:10-1:00pm  | Zoom       | Deb P.      |
| <input type="checkbox"/> | Yoga, Strength         | TTH      | 4:30-5:20pm   | Chinook 22 | Danielle K. |
| <input type="checkbox"/> | Yoga, Strength         | Saturday | 4:30-5:20pm   | Chinook 22 | Danielle K. |
| <input type="checkbox"/> | Yoga, Mindful (Online) | Sunday   | 10:00-10:50am | Zoom       | Nathan W.   |

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

|                          | Class                              | Days     | Time            | Location   | Instructor |
|--------------------------|------------------------------------|----------|-----------------|------------|------------|
| <input type="checkbox"/> | Zumba                              | MW       | 4:10-5:00pm     | SRC 245    | Jess W.    |
| <input type="checkbox"/> | PoleFit, All Levels                | MWF      | 7:20-8:10pm     | Chinook 30 | Makayla M. |
| <input type="checkbox"/> | Mixed Styles Choreography & Improv | Saturday | 11:30am-12:15pm | SRC 245    | Megan W.   |
| <input type="checkbox"/> | STRONG Nation 30 (Online)          | Sunday   | 9:00-9:35am     | Zoom       | Anna C.    |
| <input type="checkbox"/> | PoleFit, All Levels                | Sunday   | 5:10-6:00pm     | Chinook 30 | Makayla M. |
| <input type="checkbox"/> | Pink Gloves Boxing                 | Sunday   | 6:20-7:10pm     | SRC 256    | Keira Mc.  |

### CougStrong – Community Fitness for All Cougs!

|                          | Class      | Days | Time            | Location    | Instructor                |
|--------------------------|------------|------|-----------------|-------------|---------------------------|
| <input type="checkbox"/> | CougStrong | MWF  | 11:30am-12:30pm | Chinook B40 | Matt A., DJ M., & Jess W. |

**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.

