

## Spring 2021 Session 1: January 25-March 14

### IN-PERSON FITNESS CLASSES

Registration opens December 5. Class schedule may be subject to change. Class times and capacity reflect physical distancing guidelines.

#### All Access Week: January 18-24

**FREE Classes during All Access Week; registration required for each day of class for that week only.**

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

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Les Mills Body Pump	MW	5:20-6:10pm	SRC 256	Kari N.
<input type="checkbox"/>	Les Mills Body Combat	MW	6:30-7:15pm	SRC 256	Raymond H. & JJ M.
<input type="checkbox"/>	Kickboxing Express	MW	7:30-8:00pm	SRC 256	Raymond H. & Keira Mc.
<input type="checkbox"/>	Pink Gloves Boxing	MW	8:15-9:00pm	SRC 256	Keira Mc.
<input type="checkbox"/>	Les Mills Body Pump	TTH	6:30-7:20am	SRC 256	Alexis C.
<input type="checkbox"/>	Les Mills GRIT	TTH	5:10-5:45pm	SRC 256	Laura Y.
<input type="checkbox"/>	Les Mills Body Combat	TTH	7:10-7:55pm	SRC 256	Lydia L.
<input type="checkbox"/>	Pink Gloves Boxing	TTH	8:15-9:00pm	SRC 256	Caroline S.
<input type="checkbox"/>	Les Mills Body Pump	Saturday	10:20-11:10am	SRC 256	Laura Y.

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

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	PoleFit, Beginner	MW	5:50-6:40pm	Chinook 30	Makayla M.
<input type="checkbox"/>	PoleFit Dance Choreography	MW	6:50-7:35pm	Chinook 30	Megan W.
<input type="checkbox"/>	Ballet Technique	MW	8:00-8:45pm	SRC 245	Kasey T.
<input type="checkbox"/>	Circuit Training	TTH	12:20-1:00pm	Chinook 20	Brett S. & Holly C.
<input type="checkbox"/>	PoleFit, Strength & Flexibility	TTH	7:10-8:00pm	Chinook 30	Danielle K.
<input type="checkbox"/>	PoleFit, All Levels	TTH	8:15-9:00pm	Chinook 30	Danielle K.
<input type="checkbox"/>	Mixed Styles Choreography & Improv	Saturday	11:30am-12:15pm	SRC 245	UREC Dance Team

#### 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	5:10-5:40pm	SRC 245	Suha K.
<input type="checkbox"/>	Coug Cycle	MW	6:00-6:45pm	SRC 245	Suha K.
<input type="checkbox"/>	Coug Cycle	MW	7:00-7:45pm	SRC 245	Hannah L.
<input type="checkbox"/>	Spin, HIIT	TTH	7:00-7:40am	SRC 245	Mode R. & Suha K.
<input type="checkbox"/>	Spin & Core	TTH	6:10-7:00pm	SRC 245	Laura Y & Mode R.
<input type="checkbox"/>	Coug Cycle	TTH	7:15-8:00pm	SRC 245	Chloe B.
<input type="checkbox"/>	Coug Cycle	TTH	8:15-9:00pm	SRC 245	Chloe B.
<input type="checkbox"/>	Spin & Core	Saturday	10:00-10:50am	SRC 245	Mode R. & Suha 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.



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### Martial Arts

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Taekwondo, All Levels	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	MW	4:20-5:10pm	Chinook 22	Joanne G.
<input type="checkbox"/>	Yoga, Power	MW	5:30-6:20pm	Chinook 22	Madison R.
<input type="checkbox"/>	Yoga, Mindful	MW	6:40-7:30pm	Chinook 22	Kat J.
<input type="checkbox"/>	Yoga, Core	TTH	4:30-5:20pm	Chinook 22	Makenzie B.
<input type="checkbox"/>	Yoga, Vinyasa Flow	TTH	5:00-5:50pm	SRC 245	Alina C.
<input type="checkbox"/>	Yoga, Restorative	TTH	5:40-6:30pm	Chinook 22	Nathan W.
<input type="checkbox"/>	Yoga, Strength	TTH	7:30-8:20pm	Chinook 22	Kyle D.

### CougStrong – Community Fitness for All Cougs!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	CougStrong, Intro	MW	6:45-7:45am	Chinook B40	Allen C.
<input type="checkbox"/>	CougStrong	MWF	11:30am-12:30pm		Matt A., Joanne G., Jess W.
<input type="checkbox"/>	CougStrong, Jumpstart <b>*for those new to CougStrong</b>	MTWTHF <b>(1/18-1/22 only)</b>	4:15-5:15pm		Francisco R., Cole M., & Allen C.
<input type="checkbox"/>	CougStrong	MWF	5:30-6:30pm		Francisco R. & Cole M.
<input type="checkbox"/>	CougStrong	TTH	6:45-7:45am		Francisco R.
<input type="checkbox"/>	CougStrong	TTH	11:30am-12:30pm		DJ M. & Jess W.
<input type="checkbox"/>	CougStrong	TTH	5:30-6:30pm		Allen C.

**Jumpstart:** This beginner-focused course includes lecture, discussion, and coaching on foundational movements.

**Intro:** CougStrong, Intro classes are beginner-focused with an emphasis on slow progression and movement coaching.

### FREE Fitness FriYAY – Get Your Sweat On Before the Weekend!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Les Mills Body Combat	1/22	5:15-6:00pm	SRC 256	Kasey T.
<input type="checkbox"/>	Kickboxing	1/29	5:15-6:05pm	SRC 256	Raymond H.
<input type="checkbox"/>	Les Mills Body Pump	2/5	5:15-6:05pm	SRC 256	Suha K.
<input type="checkbox"/>	Les Mills Body Combat	2/12	5:15-6:00pm	SRC 256	Kasey T.
<input type="checkbox"/>	Mixed Styles Choreography & Improv	2/19	5:15-6:00pm	SRC 245	Megan W.
<input type="checkbox"/>	Les Mills Body Pump	2/26	5:15-6:05pm	SRC 256	Suha K.
<input type="checkbox"/>	Coug Cycle	3/5	5:15-6:00pm	SRC 245	Hannah L.
<input type="checkbox"/>	Pink Gloves Boxing	3/12	5:15-6:15pm	SRC 256	Caroline S.

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