

## Spring 2021 Session 1: January 18-March 14

### ONLINE FITNESS CLASSES

**All online fitness classes are FREE to members and non-members; registration required per session.**

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

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

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Core Blast	MW	7:00-7:30am	Zoom	Mode R.
<input type="checkbox"/>	Les Mills Body Combat	MW	11:00-11:45am		JJ M. & Kasey T.
<input type="checkbox"/>	Les Mills Body Pump	MWF	12:10-1:00pm		Holly C., Jess W., Danielle K.

#### Dance Fitness – Get into the Groove!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	STRONG Nation 30	MW	5:10-5:45pm	Zoom	Anna C.
<input type="checkbox"/>	Zumba, Women's Only	MW	6:00-6:50pm		Sophie T.
<input type="checkbox"/>	STRONG Nation	TTH	11:00-11:50am		Han Y.
<input type="checkbox"/>	Barre to the Beat	TTH	4:10-5:00pm		Katelyn S.
<input type="checkbox"/>	Zumba	TTH	5:10-6:00pm		Brooke K.

#### Instructional Dance – No Experience Necessary!

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Polynesian Dance	MW	7:00-7:45pm	Zoom	Kau'i S.
<input type="checkbox"/>	Tap Dance	TTH	5:15-6:00pm		Noelle N.
<input type="checkbox"/>	Contemporary & Lyrical Dance	TTH	8:30-9:15pm		Rayli F.

#### 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, Chair	MWF	4:30-5:00pm		Cassandra Y.
<input type="checkbox"/>	Yoga, Mindful	MW	6:20-7:10pm		Amani E.
<input type="checkbox"/>	Yoga, Vinyasa Flow	TTH	7:30-8:20am		Kat J.
<input type="checkbox"/>	Yoga, Gentle	TTH	12:05-1:00pm		Deb P.
<input type="checkbox"/>	Yoga, Intro	TTH	5:20-6:10pm		Amani E.
<input type="checkbox"/>	Yoga Mindful	TTH	6:10-7:00pm		Jenny E.
<input type="checkbox"/>	Yoga for the Strength Athlete	Saturday	11:00am- 12:00pm		Kyle D.
<input type="checkbox"/>	Yoga, Mindful	Sunday	9:30-10:20am		Kyle D.
<input type="checkbox"/>	Yoga, Core	Sunday	4:10-5:00pm		Makenzie B.

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

	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Mobility & Flexibility (Mo-Flex)	TTH	6:10-6:40pm	Zoom	Raymond H.

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

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

#### Free Fitness **FRIYAY** – Get Your Sweat On Before the Weekend!

<input type="checkbox"/>	Class	Days	Time	Location	Instructor
<input type="checkbox"/>	Mobility & Flexibility (Mo-Flex)	1/22	5:30-6:00pm	Zoom	Raymond H.
<input type="checkbox"/>	Les Mills GRIT	1/29	5:30-6:00pm		Errin H.
<input type="checkbox"/>	Yoga	2/5	5:30-6:20pm		Alina C.
<input type="checkbox"/>	Zumba	2/12	5:30-6:20pm		Brooke K.
<input type="checkbox"/>	Les Mills GRIT	2/19	5:30-6:05pm		Errin H.
<input type="checkbox"/>	Mobility & Flexibility (Mo-Flex)	2/26	5:30-6:00pm		Raymond H.
<input type="checkbox"/>	Les Mills Body Combat	3/5	5:30-6:15pm		Kasey T.
<input type="checkbox"/>	Les Mills GRIT	3/12	5:30-6:05pm		Errin H.

#### 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 – Take Your Fitness to the Next Level!

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

In a FREE service provided by Les Mills, everyone can access 146 workouts across 10 categories! Try our favorites, GRIT, Body Combat, and Body Pump, along with other exciting formats! Equipment may be needed, depending on format and release.

#### UREC 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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