

Spring 2021 Session 2: March 15-May 2

IN-PERSON FITNESS CLASSES

Registration opens February 22. Class schedule may be subject to change. Class times and capacity reflect physical distancing guidelines.

Sweat the Stress: May 3-7

FREE Classes during Sweat the Stress; registration required for each day of class for that week only.

Not all classes may occur during Sweat the Stress. This schedule and registration will become available April 12.

Aerobics & Conditioning – Have Fun & Stay Fit!

Class	Days	Time	Location	Instructor
Les Mills Body Pump	Mon, Wed	5:20-6:10 p.m.	SRC 256	Kari N.
Les Mills Body Combat	Mon, Wed	6:30-7:15 p.m.	SRC 256	Raymond H. & JJ M.
Kickboxing Express	Mon, Wed	7:35-8:20 p.m.	SRC 256	Raymond H. & Keira Mc.
Pink Gloves Boxing	Mon, Wed	8:35-9:35 p.m.	SRC 256	Keira Mc.
Les Mills Body Pump	Tues, Thurs	6:30-7:20 a.m.	SRC 256	Alexis C.
Les Mills GRIT	Tues, Thurs	5:05-5:45 p.m.	SRC 256	Laura Y.
Les Mills Body Combat	Tues, Thurs	6:00-6:45 p.m.	SRC 256	Lydia L.
Pink Gloves Boxing	Tues, Thurs	8:10-9:10 p.m.	SRC 256	Caroline S.
Les Mills Body Pump	Saturday	10:20-11:10 a.m.	SRC 256	Laura Y.

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

Class	Days	Time	Location	Instructor
Pole Fit, Beginner	Mon, Wed	6:10-7:00 p.m.	Chinook 30	Makayla M.
Pole Fit Dance Choreography	Mon, Wed	7:15-8:00 p.m.	Chinook 30	Megan W.
Ballet Technique	Mon, Wed	8:00-8:45 p.m.	SRC 245	Kasey T.
Circuit Training	Tues, Thurs	12:20-1:00 p.m.	Chinook 20	Holly C. & Brett S.
Pole Fit, Strength & Flexibility	Tues, Thurs	6:40-7:30 p.m.	Chinook 30	Danielle K.
Pole Fit, All Levels	Tues, Thurs	7:45-8:30 p.m.	Chinook 30	Danielle K.
Mixed Styles Choreography & Improv	Saturday	11:30 a.m.-12:15 p.m.	SRC 245	UREC Dance Team

Indoor Cycling – Challenging for All Levels!

Class	Days	Time	Location	Instructor
Spin, Sunrise	Mon, Wed, Fri	6:10-7:00 a.m.	SRC 245	Joanne G. & Chloe B.
Spin, Intro	Mon, Wed	5:10-5:40 p.m.	SRC 245	Suha K.
Coug Cycle	Mon, Wed	6:00-6:45 p.m.	SRC 245	Suha K.
Coug Cycle	Mon, Wed	7:00-7:45 p.m.	SRC 245	Hannah L.
Spin, HIIT	Tues, Thurs	7:00-7:40 a.m.	SRC 245	Mode R. & Suha K.
Spin & Core	Tues, Thurs	6:10-7:00 p.m.	SRC 245	Laura Y & Mode R.
Coug Cycle	Tues, Thurs	7:15-8:00 p.m.	SRC 245	Chloe B. & Holly C.
Spin & Core	Saturday	10:00-10:50 a.m.	SRC 245	Mode R. & Suha K.

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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 – Improve Strength & Balance!

Class	Days	Time	Location	Instructor
Taekwondo, All Levels	Tues, Thurs	7:05-7:55 p.m.	SRC 256	Lydia L. & Kassie F

Mind/Body – Energize & Stabilize!

Class	Days	Time	Location	Instructor
Yoga, Core	Mon, Wed	4:20-5:10 p.m.	Chinook 22	Joanne G.
Yoga, Power	Mon, Wed	5:30-6:20 p.m.	Chinook 22	Alina C.
Yoga, Mindful	Mon, Wed	6:40-7:30 p.m.	Chinook 22	Kat J.
Yoga, Core	Tues, Thurs	4:30-5:20 p.m.	Chinook 22	Makenzie B.
Yoga, Vinyasa Flow	Tues, Thurs	5:00-5:50 p.m.	SRC 245	Alina C.
Yoga, Strength	Tues, Thurs	7:30-8:20 p.m.	Chinook 22	Kyle D.

CougStrong – Community Fitness for All Cougs!

Class	Days	Time	Location	Instructor
CougStrong, Intro	Mon, Wed	6:45-7:45 a.m.	Chinook B40	Francisco R.
CougStrong	Mon, Wed, Fri	5:30-6:30 p.m.		Francisco R. & Cole M.
CougStrong	Tues, Thurs	11:30 a.m.-12:30 p.m.		DJ M. & Jess W.
CougStrong	Tues, Thurs	4:15-5:15 p.m.		Joanne G.
CougStrong	Tues, Thurs	5:30-6:30 p.m.		Cole M. & Francisco R.

Jumpstart (only offered S1): 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.

Disability Awareness Symposium – FREE classes and workshops, March 29-April 2!

Class	Days	Time	Location	Instructor
Adaptive Spin	Wed, March 31	9:30-10:15 a.m.	Chinook 20	Hannah L.
Adaptive Weightlifting	Thursday, April 1	4:15-5:15 p.m.	Chinook B40	Francisco R.

Presented by The Access Center, the Disabled Students and Allies Club, and University Recreation, the 3rd Annual Disability Awareness Symposium will occur March 29-April 2 with the theme "Fitness for All: Inclusive Fitness and Sport".

For a full list of events, please visit <https://accesscenter.wsu.edu/2021-symposium/>

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Small Group Training – Fitness with Friends!

Class	Days	Time	Location
Intro to Olympic Weightlifting	Mon, Wed	3:00-4:00 p.m.	Chinook B40
Intro to Weight Training	Mon, Wed	6:30-7:30 p.m.	SRC Weight Room
Intro to Powerlifting	Mon, Wed	6:45-7:45 p.m.	Chinook B40
Women on Weights at the SRC	Tues, Thurs	5:00-6:00 p.m.	SRC Weight Room
Warrior Fitness Training	Tues, Thurs	6:45-7:45 p.m.	Chinook B40

Intro to Olympic Weightlifting: This 7-week course teaches the fundamentals of the Clean, the Jerk, and the Snatch and auxiliary lifts to complement the three Olympic lifts. A foundation of squatting, pressing, and lifting is also included in this Strength and Conditioning program.

Intro to Weight Training: Designed for those who are new to the Weight Room, this class teaches how to lift weights properly and provides an understanding as to why adding strength training to fitness routines benefits all. Utilizing workouts designed for a small group, we cover weight training movements and use of equipment and machines in the Weight Room.

Intro to Power Lifting: Develop a strong foundation with this 7-week course that develops full body strength through weight training and teaches the bench press, back squat, and deadlift. Participants learn proper form as they enter the powerlifting world, whether competitive or recreational.

Women on Weights: Experience the Weight Room and navigate our facilities in a non-intimidating atmosphere. Designed just for women who may be new to using our Weight Room, participants will learn the basics of weight training, fitness programming, and healthy benefits of adding muscle.

Warrior Fitness Training: Warrior Fitness Training is a Strength and Conditioning program designed to teach fitness fundamentals used by military, law enforcement, firefighters, and first responders! Designed to develop teamwork and camaraderie within the group, this class will focus on high intensity calisthenics, endurance training, and body weight conditioning with kettlebells, climbing and battle ropes, gymnastics, mobility drills, stair runs, buddy carries, speed drills, and sled pushes.

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