

## Spring 2021 Session 2: March 15-May 2

### ONLINE FITNESS CLASSES

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

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

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
Core Blast	Mon, Wed	7:00-7:30 a.m.	Zoom	Mode R.
Les Mills Body Combat	Mon, Wed	11:00-11:55 a.m.		JJ M. & Kasey T.
Les Mills Body Pump	Mon, Wed, Fri	12:10-1:00 p.m.		Holly C., Jess W. & Danielle K.

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

Class	Days	Time	Location	Instructor
STRONG Nation 30	Mon, Wed	5:10-5:45 p.m.	Zoom	Anna C.
Zumba, Women's Only	Mon, Wed	6:00-6:50 p.m.		Sophie T.
STRONG Nation	Tues, Thurs	11:00-11:50 a.m.		Han Y.
Barre to the Beat	Tues, Thurs	4:10-5:00 p.m.		Katelyn S.
Zumba	Tues, Thurs	5:10-6:00 p.m.		Brooke K.

#### Instructional Dance – No Experience Necessary!

Class	Days	Time	Location	Instructor
Polynesian Dance	Mon, Wed	7:00-7:45 p.m.	Zoom	Kau'i S.
Tap Dance	Tues, Thurs	5:15-6:00 p.m.		Noelle N.
Contemporary & Lyrical Dance	Tues, Thurs	7:45-8:30 p.m.		Rayli F.

#### Martial Arts – Improve Strength & Balance!

Class	Days	Time	Location	Instructor
Brazilian Jiu-Jitsu	Tues, Thurs	5:40-6:30 p.m.	Zoom	Shane M.

#### Mind/Body – Energize & Stabilize!

Class	Days	Time	Location	Instructor
Yoga, Mindful	Mon, Wed, Fri	7:10-8:00 a.m.	Zoom	Zhuoli A.
Yoga, Chair	Mon, Wed, Fri	4:30-5:00 p.m.		Cassandra Y.
Yoga, Intro	Mon, Wed	6:20-7:10 p.m.		Amani E.
Yoga, Vinyasa Flow	Tues, Thurs	7:30-8:20 a.m.		Kat J.
Yoga, Gentle	Tues, Thurs	12:05-1:00 p.m.		Deb P.
Yoga, Restorative	Tues, Thurs	5:45-6:35 p.m.		Nathan W.
Yoga, Mindful	Tues, Thurs	6:10-7:00 p.m.		Jenny E.
Yoga for the Strength Athlete	Saturday	11:00 a.m.-12:00 p.m.		Kyle D.
Yoga, Mindful	Sunday	9:30-10:20 a.m.		Kyle D.

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

Class	Days	Time	Location	Instructor
Mobility & Flexibility (Mo-Flex)	Tues, Thurs	6:10-6:40 p.m.	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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### Small Group Training – Fitness with Friends!

Class	Days	Time	Location
Athletic Skills	Mon, Wed	3:30-4:30 p.m.	Zoom
Intro to At-Home Fitness	Mon, Wed	5:45-6:45 p.m.	
Women on Weights, Home Edition	Mon, Wed	7:00-8:00 p.m.	
Intro to At-Home Fitness	Tues, Thurs	7:00-8:00 a.m.	
Backpack Fitness	Tues, Thurs	2:00-3:00 p.m.	
Warrior Fitness Training	Tues, Thurs	4:00-5:00 p.m.	
Women on Weights, Home Edition	Tues, Thurs	6:00-7:00 p.m.	

**Athletic Skills:** Speed, Power, Agility, Reaction, and Quickness (SPARQ) are the skills one needs when playing competitive field and court sports that involve multi-directional speed. This 7-week online training course focuses on the development and optimization of each of these factors in order to increase your athletic potential – focusing on body weight movements and using household items.

**Intro to At-Home Fitness:** Designed for those who are new to working out, participants will learn how to develop fitness programs by practical application at home. After this course, participants will leave feeling confident in how to effectively create home-based workout routines with basic household items to increase fitness capacity.

**Women on Weights, Home Edition:** Learn how to develop your own at-home fitness program in a non-intimidating online atmosphere. Designed just for women, participants learn the basics of fitness programming and the healthy benefits that adding muscle can do for you.

**Backpack Fitness:** This course is designed for those looking for a way to complete resistance training at home with little to no equipment. Instead of barbells and dumbbells, we will use backpacks and those dusty textbooks we tend to buy and never use (just kidding...). Throughout this course participants will be introduced to various total body routines using an Every Minute On the Minute (EMOM) format.

**Warrior Fitness Training:** Warrior Fitness Training is a virtual-based Strength and Conditioning course designed to teach fitness fundamentals utilized by military, law enforcement, firefighters, and first responders! This class will focus on high intensity calisthenics, endurance training, and body weight conditioning with household items, gymnastics, mobility drills, stair runs, speed drills, and more!

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### SPECIAL EVENTS – Join us for FREE classes!

Registration available at the bottom of the webpage at <https://urec.wsu.edu/fitness>.

### Disability Awareness Symposium

Class	Days	Time	Location	Instructor
Adaptive Zumba	Monday, March 29	4:00-5:00 p.m.	Zoom	Jess W.
Adaptive Yoga	Tuesday, March 30	4:00-5:00 p.m.		Cassandra Y.
Keynote Presentation	Friday, April 2	10:00-11:00 a.m.		Special Guest, Wesley Hamilton



**ABOUT THE EVENT:** 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/>

**ABOUT THE KEYNOTE SPEAKER:** Wesley is the Executive Director of the organization, Disabled But Not Really (DBNR). DBNR advocates for the disabled community by raising awareness about Spinal Cord Injury (SCI), promoting mental and physical wellness, and engaging diverse audiences through local and national events. Wesley was also a featured hero on Netflix's Queer Eye Season 4, episode 2.

### Guest Artist Workshop

Class	Days	Time	Location	Instructor
Vogue & Runway	Friday, April 9	4:00-5:30 p.m.	Zoom (Live from New York City!)	Special Guest, Cesar Valentino



Photographer: Blue Michael

**ABOUT THE WORKSHOP:** Vogue transcends Madonna's song; it is a dance style and art form with a deeply rooted, rich history that grew from the Harlem ballroom scene in the 1960s to the global phenomenon it is now. We will learn the fundamentals of Vogue and classic Runway, while incorporating graceful, Egyptian-like hand and body movements, such as popping, dipping, and spinning. Channel your inner model, build confidence, and pose! High heels optional. No prior experience necessary.

**ABOUT THE ARTIST:** Cesar Valentino began vogue dancing in NYC in 1983 and quickly became a fixture in the underground ballroom and club scene where he won several coveted trophies. A sought-after educator, speaker and performer who truly transmits the essence of vogue, Cesar Valentino has participated regularly in panel discussions, led vogue workshops, interviewed for staple publications, modeled for renowned fashion publications, commercials, and music videos, and performed, judged, and choreographed worldwide, including Japan, Italy, and Germany. He also works as a runway and performance coach.

### OTHER ONLINE RESOURCES

#### 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!

#### 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.

