

Summer 2021 Session 3: August 2-15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10-7:00 a.m. Spin, Sunrise <i>Joanne G.</i> Chinook 20	6:30-7:20 a.m. Les Mills Body Pump <i>Alexis C.</i> Chinook 30	6:10-7:00 a.m. Spin, Sunrise <i>Joanne G.</i> Chinook 20	6:30-7:20 a.m. Les Mills Body Pump <i>Alexis C.</i> Chinook 30	6:10-7:00 a.m. Spin, Sunrise <i>Joanne G.</i> Chinook 20	9:20-10:10 a.m. Spin & Core <i>Suha K.</i> Chinook 20	4:10-5:00 p.m. Yoga, Core (ONLINE) <i>Caroline S.</i> *Separate registration required (FREE)
12:10-1:00 p.m. Les Mills Body Pump <i>Jess W.</i> Chinook 30	11:30 a.m.-12:30 p.m. CougStrong <i>Jess W.</i> Chinook 30	12:10-1:00 p.m. Les Mills Body Pump <i>JJ M.</i> Chinook 30	11:30 a.m.-12:30 p.m. CougStrong <i>Jess W.</i> Chinook 30	12:10-1:00 p.m. Les Mills Body Pump <i>Holly C.</i> Chinook 30	10:20-11:10 a.m. Les Mills Body Pump <i>Laura Y.</i> Chinook 30	
4:20-5:10 p.m. Yoga, Core <i>Cassandra Y.</i> Chinook 22	12:05-1:00 p.m. Yoga, Gentle (ONLINE) <i>Deb P.</i> *Separate registration required (FREE)	4:20-5:10 p.m. Yoga, Core <i>Cassandra Y.</i> Chinook 22	12:05-1:00 p.m. Yoga, Gentle (ONLINE) <i>Deb P.</i> *Separate registration required (FREE)	5:30-6:30 p.m. CougStrong <i>Cole M.</i> Chinook B40	10:30-11:20 a.m. Yoga for the Strength Athlete <i>Alina C.</i> Chinook 22	
5:10-5:45 p.m. STRONG Nation <i>Anna C.</i> Chinook 20	5:05-5:40 p.m. Les Mills GRIT <i>Laura Y.</i> Chinook 30	5:10-5:45 p.m. STRONG Nation <i>Anna C.</i> Chinook 20	5:05-5:40 p.m. Les Mills GRIT <i>Laura Y.</i> Chinook 30	<p>Gain access to all Session 3 in-person fitness classes with the GROUP FITNESS PASS for \$15! Please note Session 3 fitness classes are on a first come, first served basis. The Fitness Pass does not guarantee a spot; capacity remains limited to maintain physical distancing.</p> <p>The two online Yoga classes are FREE but require separate registration from the Fitness Pass. Zoom links will be automatically emailed upon registration.</p> <p>*The SRC will be closed August 2-7. SRC members will get Chinook access until the SRC reopens August 8.</p> <p>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.</p> <p>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.</p> <p>Phase 3 Capacity Chinook 20 (Spin): 10 spots Chinook 20 (STRONG, Mo-Flex): 15 Chinook 22: 15 Chinook 30: 21 Chinook B40 (CougStrong): 16</p>		
5:20-6:10 p.m. Yoga, Vinyasa Flow <i>Nathan W.</i> Chinook 22	5:10-6:00 p.m. Yoga, Vinyasa Flow <i>Alina C.</i> Chinook 22	5:20-6:10 p.m. Yoga, Vinyasa Flow <i>Nathan W.</i> Chinook 22	5:10-6:00 p.m. Yoga, Vinyasa Flow <i>Alina C.</i> Chinook 22			
5:20-6:20 p.m. Les Mills Body Pump <i>Kari N.</i> Chinook 30	5:50-6:20 p.m. Mobility & Flexibility (Mo-Flex) <i>Raymond H.</i> Chinook 20	5:20-6:20 p.m. Les Mills Body Pump <i>Kari N.</i> Chinook 30	5:50-6:20 p.m. Mobility & Flexibility (Mo-Flex) <i>Raymond H.</i> Chinook 20			
5:30-6:30 p.m. CougStrong <i>Cole M.</i> Chinook B40	6:10-7:00 p.m. Pink Gloves Boxing <i>Kat J. & JJ M.</i> Chinook 30	5:30-6:30 p.m. CougStrong <i>Cole M.</i> Chinook B40	6:10-7:00 p.m. Pink Gloves Boxing <i>Kat J. & JJ M.</i> Chinook 30			
6:00-6:50 p.m. Spin <i>Suha K.</i> Chinook 20	7:15-8:15 p.m. Taekwondo <i>Lydia L.</i> Chinook 30	6:00-6:50 p.m. Spin <i>Suha K.</i> Chinook 20	7:15-8:15 p.m. Taekwondo <i>Lydia L.</i> Chinook 30			
6:20-7:10 p.m. Yoga, Power <i>Alina C.</i> Chinook 22		6:20-7:10 p.m. Yoga, Power <i>Alina C.</i> Chinook 22				
6:50-7:45 p.m. Les Mills Body Combat <i>Raymond H.</i> Chinook 30		6:50-7:45 p.m. Les Mills Body Combat <i>Raymond H.</i> Chinook 30				

