

## Summer 2021 Session 2: June 21-August 1

### IN-PERSON FITNESS CLASSES

Registration open until July 2. Class schedule subject to change. Class times and capacity reflect physical distancing guidelines.

\*There will be **NO classes on Sundays, July 4 and August 1**. There will still be classes on Saturday, July 3 and Monday, July 5.

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

Class	Days	Time	Location	Instructor
Les Mills Body Pump, Noon	Mon, Wed, Fri	12:10-1:00 p.m.	Chinook 30	Jess W., JJ M., & Holly C.
Pink Gloves Boxing, Afternoon	Mon, Wed	4:00-5:00 p.m.	SRC 256	Brooke K. & Jess W.
Les Mills Body Pump, Evening	Mon, Wed	5:20-6:20 p.m.	SRC 256	Kari N.
Les Mills Body Combat, Evening	Mon, Wed	6:45-7:40 p.m.	SRC 256	Lydia L.
Les Mills Body Pump, Sunrise	Tues, Thurs	6:30-7:20 a.m.	SRC 256	Alexis C.
Les Mills GRIT, Evening	Tues, Thurs	5:05-5:40 p.m.	SRC 256	Laura Y.
Les Mills Body Combat, Evening	Tues, Thurs	5:15-6:00 p.m.	Chinook 30	Raymond H.
Pink Gloves Boxing, Evening	Tues, Thurs	6:10-7:00 p.m.	SRC 256	Kat J. & JJ M.
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, Evening	Tues, Thurs	6:20-7:20 p.m.	Chinook 30	Makayla M.
Pole Fit, Evening	Tues, Thurs	7:30-8:30 p.m.	Chinook 30	Makayla M.
Mixed Styles Choreography & Improv	Saturday	11:30 a.m.-12:15 p.m.	SRC 245	Makayla M.

#### 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.
Spin, Evening	Mon, Wed	6:40-7:30 p.m.	SRC 245	Laura Y. & Holly C.
Coug Cycle, Evening	Tues, Thurs	6:15-7:00 p.m.	SRC 245	Suha K.
Spin & Core	Saturday	9:20-10:10 a.m.	SRC 245	Suha K.

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

Class	Days	Time	Location	Instructor
Taekwondo, All Levels, Evening	Tues, Thurs	7:15-8:15 p.m.	SRC 256	Lydia L.

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

Class	Days	Time	Location	Instructor
Yoga, Core, Afternoon	Mon, Wed	4:20-5:10 p.m.	Chinook 22	Joanne G.
Yoga, Gentle, Evening	Mon, Wed	5:15-6:15 PM	Chinook 22	Nathan W.
Yoga, Mindful, Evening	Mon, Wed	5:30-6:20 PM	Chinook 22	Kat J.
Yoga, Power, Evening	Mon, Wed	6:30-7:30 PM	Chinook 22	Alina C.
Yoga, Vinyasa Flow, Evening	Tues, Thurs	5:10-6:00 PM	SRC 245	Han Y.
Yoga for the Strength Athlete	Saturday	10:30-11:20 a.m.	SRC 245	Alina C.
Yoga, Mindful	Sunday	10:30-11:20 a.m.	SRC 245	Alina C.

**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!

Class	Days	Time	Location	Instructor
CougStrong	Mon, Wed, Fri	5:30-6:30 p.m.	Chinook B40	Cole M.
CougStrong	Tues, Thurs	11:30 a.m.-12:30 p.m.	Chinook B40	Joanne G.

#### 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 Power Lifting	Mon, Wed	6:45-7:45 p.m.	Chinook B40
Athletic Skills	Tues, Thurs	3:00-4:00 p.m.	Chinook 30
Women on Weights	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 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 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.

**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 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.

**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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