

Fall 2017 Fitness Session 1: August 28-October 10

Pick 2 Special! Purchase ANY 2 classes* and receive \$10 off your purchase and a free gift (while supplies last)!

Pick 2 also available online at urec.wsu.edu/fitness.

Aerobics & Conditioning – Have Fun & Stay Fit!

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	Barre, Evening	MW	6:10-7:00PM	SRC 256	Tara	NA	\$23	NA	9879
<input type="checkbox"/>	Barre, Early Evening	TTh	5:00-5:50 PM	Chinook 22	Jordan	\$23	\$38	NA	9882
<input type="checkbox"/>	BodyPump, Sunrise	MWF	6:30-7:30AM	SRC 256	Danika	NA	\$32	NA	9883
<input type="checkbox"/>	BodyPump, Intro Early Evening	MW	6:00-7:00PM	Chinook 30	Kyle	\$43	\$28	NA	9884
<input type="checkbox"/>	BodyPump, Late Evening Express	TTh	7:10-8:00PM	SRC 256	Mallori	NA	\$24	NA	9885
<input type="checkbox"/>	BodyPump Express Noon	MWF	12-12:50PM	Smith 115	Haley W	\$30	\$30	\$39	9886
<input type="checkbox"/>	BodyPump Saturday	Sat	10:15-11:15AM	SRC 256	Kyle	NA	\$16	NA	9887
<input type="checkbox"/>	BodyPump Sunday	Sun	5:00-6:00PM	Chinook 30	Sophie	\$16	\$24	NA	9888
<input type="checkbox"/>	BodyPump, Morning Express	TTh	7:10-8:00AM	SRC 256	Angie	NA	\$32	NA	9889
<input type="checkbox"/>	BodyPump, Early Evening	TTh	5:30-6:30PM	Chinook 30	Emily L	\$43	\$28	NA	9890
<input type="checkbox"/>	Bootcamp, Early Evening	MW	5:00-5:50PM	SRC 245	Severin M	NA	\$18	NA	9891
<input type="checkbox"/>	Bootcamp, Morning	TTh	7:30-8:20AM	DU 101D	Emelee C	NA	\$21	NA	9950
<input type="checkbox"/>	Core Blast, Sunday	Sun	6:00-6:30 PM	SRC 256	Lindsay	NA	\$12	NA	9893
<input type="checkbox"/>	20/20/20, Early Evening	TTh	5:30-6:30PM	Chinook 20	Severin	\$28	\$43	NA	9951
<input type="checkbox"/>	Fit for Life	MW	11:10-11:50 AM	Chinook 30	Nate	\$19	\$34	NA	9894
<input type="checkbox"/>	Row Conditioning	MW	7:45-8:15 AM	Chinook 20	Nate	\$28	\$43	NA	9895
<input type="checkbox"/>	Insanity, Morning	TTh	7:30-8:20 AM	Chinook 30	Erika	\$12	\$27	NA	9896
<input type="checkbox"/>	Kickboxing, Late Evening	MW	7:15-8:15 PM	Chinook 30	Ty	\$28	\$43	NA	9897
<input type="checkbox"/>	Kickboxing, Evening	TTh	6:45-7:45 PM	Chinook 30	Jillian G	\$28	\$43	NA	9898
<input type="checkbox"/>	Kickboxing, Late Evening	TTh	7:30-8:30 PM	SRC 245	Sophie	NA	\$28	NA	9899
<input type="checkbox"/>	Kickboxing Men's Only, Sunday	Sun	5:00-6:00 PM	SRC 245	Ty	NA	\$14	NA	9900
<input type="checkbox"/>	Pink Gloves Boxing	TTh	6:15-7:15 PM	SRC 245	Mykala, Siddra, Mekaela	NA	\$48	NA	9901
<input type="checkbox"/>	PoleFit, Late Night	TTh	8:00-9:00 PM	Chinook 30	Alexa	\$28	\$43	NA	9902
<input type="checkbox"/>	PoleFit, Evening	Fri	7:00-8:00 PM	Chinook 30	Alexa	\$14	\$24	NA	9903
<input type="checkbox"/>	Zumba, Late Evening	TTh	7:10-8:00 PM	DU 101A	Sung	\$24	\$24	\$43	9904
<input type="checkbox"/>	Zumba Late Night	TTh	8:10-9:00 PM	Chinook 20	Mariana	\$24	\$39	NA	9905
<input type="checkbox"/>	Women's Only Zumba	MW	8:10-9:00 PM	SRC 245	Sung	NA	\$24	NA	9906

TRX – The Ultimate Functional Workout!

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	TRX, Early Evening	TTh	5:10-6:00 PM	SRC 245	Kim	NA	\$21	NA	9921
<input type="checkbox"/>	TRX, Turbo	TTh	12:10-12:50 PM	SRC 245	Jonathan	NA	\$19	NA	9922
<input type="checkbox"/>	TRX, Morning	MW	7:10-8:00 AM	SRC 245	Emelee	NA	\$21	NA	9952
<input type="checkbox"/>	TRX, Bootcamp	MW	5:00-5:50 PM	Chinook 30	Kim	\$21	\$36	NA	9923

Indoor Cycling – Challenging for All Levels!

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	Spin, Sunrise	MWF	6:30-7:20AM	SRC 252	Mallori	NA	\$26	NA	9924
<input type="checkbox"/>	Spin, Endurance	MW	6:30-7:30PM	SRC 252	Jenn	NA	\$28	NA	9925
<input type="checkbox"/>	Intro to Spin	MW	7:45-8:20PM	SRC 252	Jenn	NA	\$24	NA	9926
<input type="checkbox"/>	Spin, Night Ride	MW	8:30-9:20PM	SRC 252	Amy T	NA	\$26	NA	9927
<input type="checkbox"/>	Spin HIIT	TTh	6:45-7:15AM	Chinook 20	Haley W	\$24	\$39	NA	9928
<input type="checkbox"/>	Spin, Night Ride	TTh	8:00-8:50PM	SRC 252	Amy T	NA	\$26	NA	9929
<input type="checkbox"/>	Spin, Saturday	Sat	11:00-11:50AM	SRC 252	Rotating Instructors	NA	\$14	NA	9930
<input type="checkbox"/>	Spin, Sunday	Sun	5:00-5:50PM	SRC 252	Rotating Instructors	NA	\$14	NA	9931

*Classes must be purchased at the same time to receive discount. **Refund Policy:** With receipt or proof of purchase, our refund policy is: full refund given within six days after the start of class, 50% refund within thirteen days after the start of class. No refund will be given after 13 days of the start of class. **Class Cancellation:** To keep costs low, all classes are assessed for cancellation at the end of the first week of the session. Participants in classes with low enrollment will be given the option of a full refund or transfer into another class. **Cougar Card:** ALWAYS bring your Cougar Card to class for check in purposes. **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. Students with disabilities who may need accommodations to fully participate in activities at UREC must have accommodations approved through the Access Center (509-335-3417). Contact Joanne Greene at 335-9669 for more information.



Fall 2017 Session 1

PLEASE READ BEFORE SIGNING!

Assumption of Risk, Release of Liability and WARNING

In consideration for being allowed to utilize University Recreation programs, services, facilities and equipment as well as traveling to or from any activity or program organized or affiliated with the University Recreation Department, either on or off any Washington State University properties, **I voluntarily agree to assume all risks** involved in participating in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I understand that direct supervision by Washington State University staff may not be provided and by participating in, traveling to or from, or using the programs, services, facilities of University Recreation, I expose myself to the risk of injuries including but not limited to temporary or permanent muscle soreness, sprains, strains, cuts, abrasions, bruises, ligament and/or cartilage damage, head, neck or spinal injuries, loss of use of arms and/or legs, eye damage, emotional trauma, disfigurement, drowning or death. **I also recognize that there are both** foreseeable and unforeseeable risks of injury or death that may occur as a result of my participation in, traveling to or from, or use of University Recreation programs, services, facilities, and equipment that cannot be specifically listed. I also recognize that the actions of other users of University Recreation programs, services, facilities, and equipment may cause harm or loss to my person or property and agree to assume the risks of same.

Release of Liability

I, my heirs and assigns hereby release the State of Washington, the Regents of Washington State University, Washington State University, the University Recreation Department, and the employees, agents or representatives of Washington State University (hereafter referred to as the UNIVERSITY GROUP) from any and all liability, claims, costs, expenses, injuries or losses including those resulting from acts of negligence by the UNIVERSITY GROUP that I may otherwise sustain as a result of my participation in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I also release the UNIVERSITY GROUP from loss or damage to my person or property caused by other users of University Recreation programs, services, facilities, and equipment.

If any part or portion of this Assumption of Risk and Release of Liability is determined to be invalid or unenforceable, the remaining parts or portions shall be enforceable. This release and all matters related to your activities involving Washington State University shall be governed by and interpreted in accordance with Washington law.

I have carefully read this Assumption of Risk and Release of Liability and fully understand its contents. I am aware that this Assumption of Risk and Release of Liability is a contract between the UNIVERSITY GROUP and myself and I sign it of my own free will.

Signature: _____ Date: _____

THIS DOCUMENT WILL BE CONSIDERED EFFECTIVE FROM THIS DATE FORWARD.

If participant is 17 years old or younger, please use a Youth registration form.

Name (please print): _____

Signature of the Witness to the Signing of this document: _____

Witness Name (please print) _____

NOTE: We strongly encourage you to consult with a physician before participating in any physical activity to determine any potential conditions that may adversely affect your participation. We encourage those with pre-existing conditions to wear a medical alert bracelet or neck tag indicating the appropriate medical information. We strongly recommend that all participants have a medical insurance policy, either through university offered programs or through an outside agency that will cover injuries or illness that may occur due to participation in or use of University Recreation programs, services, facilities and equipment.

If you have any questions regarding the language or details of this document prior to signing, please contact Joanne Greene at 509-335-9669, SRC Room 250, WSU.

To register: Please fill in the boxes below, sign the waiver, and return this form to the SRC service counter.

Name:	Email:
WSU ID:	Phone:



Fall 2017 Fitness Session 1: August 28-October 10

Pick 2 Special! Purchase ANY 2 classes* and receive \$10 off your purchase and a free gift (while supplies last)!

Pick 2 also available online at urec.wsu.edu/fitness.

Gravity – Over 100 Moves to Build Strength!

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	Gravity Express	MW	5:45-6:15PM	SRC 252	Lindsay	NA	\$26	NA	9932
<input type="checkbox"/>	Gravity	TTh	7:00-7:30 PM	SRC 252	Alexa	NA	\$26	NA	9933

Dance – No Experience Necessary

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	Hip Hop	Wed	6:00-7:00PM	Chinook 20	Meghan A	\$20	\$30	NA	9935
<input type="checkbox"/>	Modern Dance	Mon	6:00-7:00PM	Chinook 20	McKayla W	\$20	\$30	NA	9934

Martial Arts – Improve Strength & Balance

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	Taekwondo, Beginner	T	5:30-6:30	PEB 145	Kyle D	\$20	\$20	\$26	9937
<input type="checkbox"/>	Taekwondo	Th	5:30-6:30	PEB 145	Kyle D	\$20	\$20	\$26	9938
<input type="checkbox"/>	Capoeira	TTh	5:15-6:15	Chinook 20	Dyonne	\$20	\$20	\$26	9939

Mind/Body – Energize & Stabilize

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	Yoga Flow @ 90	MW	7:00-7:50 AM	Chinook 22	Emily	\$31	\$46	NA	9940
<input type="checkbox"/>	Yoga Flow, Late Evening	MW	7:10-8:00PM	SRC 256	Jillian	NA	\$31	NA	9942
<input type="checkbox"/>	Restorative Yoga, Morning	TTh	7:10-8:10AM	Chinook 22	Madison	\$31	\$46	NA	9943
<input type="checkbox"/>	Gentle Yoga Noon	TTh	12:05-1:00PM	Smith 115	Deb	\$31	\$31	\$39	9944
<input type="checkbox"/>	Yoga Power, Sunday	Sun	6:40-7:40PM	SRC 256	Lindsay	NA	\$15	NA	9945
<input type="checkbox"/>	Pilates @ 90, Express	MW	6:40-7:10PM	Chinook 22	Hannah D	\$31	\$46	NA	9946
<input type="checkbox"/>	Pilates, Morning	TTh	7:00-7:50AM	DU 101A	Danika	\$31	\$31	\$39	9947
<input type="checkbox"/>	Pilates, Early Evening	TTh	5:00-5:50PM	SRC 256	Tara	NA	\$31	NA	9984
<input type="checkbox"/>	Pilates @ 90	TTh	7:10-8:00AM	Chinook 22	Meghan	\$31	\$46	NA	9949

Aqua Fitness – Little Impact, Big Results

	Class	Days	Time	Location	Instructor	Chinook/FSF P Pricing	SRC Pricing	NM Pricing	Item #
<input type="checkbox"/>	Aqua Zumba	MWF	12:00-12:50PM	Gibb Pool	Rob	NA	\$32	\$37	9936

*Classes must be purchased at the same time to receive discount.

Refund Policy: With receipt or proof of purchase, our refund policy is: full refund given within six days after the start of class, 50% refund within thirteen days after the start of class. No refund will be given after 13 days of the start of class.

Class Cancellation: To keep costs low, all classes are assessed for cancellation at the end of the first week of the session. Participants in classes with low enrollment will be given the option of a full refund or transfer into another class.

Cougar Card: ALWAYS bring your Cougar Card to class for check in purposes.

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. Students with disabilities who may need accommodations to fully participate in activities at UREC must have accommodations approved through the Access Center (509-335-3417). Contact Joanne Greene at 335-9669 for more information.



Fall 2017 Session 1

PLEASE READ BEFORE SIGNING!

Assumption of Risk, Release of Liability and WARNING

In consideration for being allowed to utilize University Recreation programs, services, facilities and equipment as well as traveling to or from any activity or program organized or affiliated with the University Recreation Department, either on or off any Washington State University properties, **I voluntarily agree to assume all risks** involved in participating in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I understand that direct supervision by Washington State University staff may not be provided and by participating in, traveling to or from, or using the programs, services, facilities of University Recreation, I expose myself to the risk of injuries including but not limited to temporary or permanent muscle soreness, sprains, strains, cuts, abrasions, bruises, ligament and/or cartilage damage, head, neck or spinal injuries, loss of use of arms and/or legs, eye damage, emotional trauma, disfigurement, drowning or death. **I also recognize that there are both** foreseeable and unforeseeable risks of injury or death that may occur as a result of my participation in, traveling to or from, or use of University Recreation programs, services, facilities, and equipment that cannot be specifically listed. I also recognize that the actions of other users of University Recreation programs, services, facilities, and equipment may cause harm or loss to my person or property and agree to assume the risks of same.

Release of Liability

I, my heirs and assigns hereby release the State of Washington, the Regents of Washington State University, Washington State University, the University Recreation Department, and the employees, agents or representatives of Washington State University (hereafter referred to as the UNIVERSITY GROUP) from any and all liability, claims, costs, expenses, injuries or losses including those resulting from acts of negligence by the UNIVERSITY GROUP that I may otherwise sustain as a result of my participation in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I also release the UNIVERSITY GROUP from loss or damage to my person or property caused by other users of University Recreation programs, services, facilities, and equipment.

If any part or portion of this Assumption of Risk and Release of Liability is determined to be invalid or unenforceable, the remaining parts or portions shall be enforceable. This release and all matters related to your activities involving Washington State University shall be governed by and interpreted in accordance with Washington law.

I have carefully read this Assumption of Risk and Release of Liability and fully understand its contents. I am aware that this Assumption of Risk and Release of Liability is a contract between the UNIVERSITY GROUP and myself and I sign it of my own free will.

Signature: _____ Date: _____

THIS DOCUMENT WILL BE CONSIDERED EFFECTIVE FROM THIS DATE FORWARD.

If participant is 17 years old or younger, please use a Youth registration form.

Name (please print): _____

Signature of the Witness to the Signing of this document: _____

Witness Name (please print) _____

NOTE: We strongly encourage you to consult with a physician before participating in any physical activity to determine any potential conditions that may adversely affect your participation. We encourage those with pre-existing conditions to wear a medical alert bracelet or neck tag indicating the appropriate medical information. We strongly recommend that all participants have a medical insurance policy, either through university offered programs or through an outside agency that will cover injuries or illness that may occur due to participation in or use of University Recreation programs, services, facilities and equipment.

If you have any questions regarding the language or details of this document prior to signing, please contact Joanne Greene at 509-335-9669, SRC Room 250, WSU.

To register: Please fill in the boxes below, sign the waiver, and return this form to the SRC service counter.

Name:	Email:
WSU ID:	Phone:

