

# SPORTS & FITNESS CLASSES

Phone: 206-543-2571

E-Mail: [imafit@u.washington.edu](mailto:imafit@u.washington.edu)

Homepage: <http://depts.washington.edu/ima>

Registration - Begins September 22, 2008

Walk-In 9:00am - 6:00pm (M-F) Programs Office, 3rd Floor IMA (206-543-2571)

Cash, check, Visa, MasterCard will be accepted.

Fax (206) 685 - 4661

Credit card (Visa/MasterCard) only for classes with fees.

[Fax registrations must be received two business days prior to the class start date]

Mail-In UW Sports & Fitness Classes Registration, Box 354090

Seattle, WA 98195-4090

Check or credit card (Visa/MasterCard) will be accepted.

[Mail-in registrations must be postmarked one week prior to first class meeting]

Forms are available online at: <http://depts.washington.edu/ima>

Confirm your registration by calling 206-543-2571.

## Refund Policy

See refund policy at [http://depts.washington.edu/ima/IMA\\_skills.php](http://depts.washington.edu/ima/IMA_skills.php)

## Eligibility

Classes are limited to currently enrolled Autumn quarter UW students and faculty/staff who have purchased an IMA Membership. UW student and faculty/staff spouses and registered same sex domestic partners (IMA members) may begin registering October 6th.

## Holidays

No classes will be held on **November 11, 27 & 28.**

**NOTE: STATE RETAIL SALES TAX (9%) HAS BEEN ADDED TO ALL EXERCISE**

Activity/Location Fee Sec. Level Time Days #Les. Inclus. Dates

## Aquatics

### Hydro-Aerobics

Hutchinson Hall Pool \$49.05 01 All 7:00 - 8:00 am MWF 23 10/13 - 12/5

### Swim Conditioning

Hutchinson Hall Pool \$38.15 01 Advanced 6:00 - 7:30 pm TTh 12 10/14 - 11/25

### Swimming

Hutchinson Hall Pool \$25 01 Beginning 8:00 - 8:40 am MW 10 10/13 - 11/12  
 02 Intermediate 7:00 - 7:40 am TTh 10 10/14 - 11/18  
 03 Adv. Beginning 7:45 - 8:25 am TTh 10 10/14 - 11/18  
 04 Adv. Beginning 3:30 - 4:10 pm TTh 10 10/14 - 11/18

## Dance

### Hip Hop Dance

IMA Studio 111 \$35 01 All 6:00 - 7:00 pm MW 16 10/13 - 12/3  
 02 All 5:30 - 6:30 pm TTh 14 10/14 - 12/4

## Fitness

### Ab Lab

IMA Archery Room \$21.80 01 All 9:15 - 9:45 am MW 16 10/13 - 12/3  
 02 All 12:15 - 12:45 pm MW 16 10/13 - 12/3  
 03 All 6:30 - 7:00 pm MW 16 10/13 - 12/3

### ABSolute Conditioning

IMA Mat Room B \$32.70 01 All 5:30 - 6:30 pm MW 16 10/13 - 12/3  
 02 All 5:30 - 6:30 pm TTh 14 10/14 - 12/4

### Cardio Kicks

IMA Studio 216 \$38.15 01 All 4:15 - 5:15 pm MW 16 10/13 - 12/3  
 IMA Archery Room 02 All 5:15 - 6:15 pm MW 16 10/13 - 12/3  
 IMA Archery Room 03 All 5:30 - 6:30 pm TTh 14 10/14 - 12/4

### Circuit Training

IMA Studio 216 \$38.15 01 All 7:00 - 8:00 am TTh 14 10/14 - 12/4

### Cardio Dance

IMA Archery Room \$38.15 01 All 4:15 - 5:15 pm TTh 14 10/14 - 12/4

### Get on the Ball

IMA Archery Room \$32.70 01 All 6:45 - 7:30 pm TTh 14 10/14 - 12/4

### High / Low Aerobics

IMA Studio 216 \$49.05 01 All 7:00 - 8:00 am MWF 23 10/13 - 12/5

### H.I.T. (High Intensity Training)

IMA Studio 216 \$38.15 01 All 5:30 - 6:30 pm TTh 14 10/14 - 12/4

### Pilates Mat

IMA Studio 316 \$49.05 01 Beg/Int 9:30 - 10:30 am TTh 14 10/14 - 12/4  
 02 Int/Adv 10:45 - 11:45 am TTh 14 10/14 - 12/4

### Ski Conditioning

IMA Gym B \$38.15 01 All 5:30 - 6:30 pm MW 16 10/13 - 12/3

### Step Mix Aerobics

IMA Studio 216 \$38.15 01 All 6:30 - 7:30 pm MW 16 10/13 - 12/3

### Total Toning

IMA Studio 216 \$46.87 01 All 8:15 - 9:00 am MWF 23 10/13 - 12/5  
 \$32.70 02 All 5:30 - 6:15 pm MW 16 10/13 - 12/3  
 03 All 4:30 - 5:15 pm TTh 14 10/14 - 12/4  
 04 All 6:45 - 7:30 pm TTh 14 10/14 - 12/4

## Cycling

### Indoor Cycling

Cycling Studio \$74.94 01 All 7:00 - 8:00 am MWF 23 10/13 - 12/5  
 \$54.50 02 All 4:30 - 5:30 pm MW 16 10/13 - 12/3  
 03 All 5:45 - 6:45 pm MW 16 10/13 - 12/3  
 04 All 6:30 - 7:30 am TTh 14 10/14 - 12/4  
 05 All 12:00 - 1:00 pm TTh 14 10/14 - 12/4  
 06 Intermediate 4:15 - 5:15 pm TTh 14 10/14 - 12/4  
 07 All 5:30 - 6:30 pm TTh 14 10/14 - 12/4  
 08 All 6:45 - 7:45 pm TTh 14 10/14 - 12/4

### Saturday Indoor Cycling

Cycling Studio \$5.45/class 01 All 9:30 - 10:30 am Sat 9/27, 10/4, 10/11  
 (Purchase tickets at the Member Services Desk prior to class) 10/18, 10/25, 11/1, 11/22, 12/6

Activity/Location Fee Sec. Level Time Days #Les. Inclus. Dates

## Weight Training

### Weight Training

IMA Studio 216 \$27.25 01 Beg. Women 12:00 - 1:00 pm MW 10 10/13 - 11/12  
 02 Beginning 5:45 - 6:45 pm MW 10 10/13 - 11/12  
 03 Beginning 5:30 - 6:30 pm TTh 10 10/14 - 11/18

## Yoga

### Yoga

IMA Studio 316 \$43.60 01 All 12:00 - 1:00 pm MW 16 10/13 - 12/3  
 \$49.05 02 All 5:30 - 6:45 pm MW 16 10/13 - 12/3  
 03 All 7:30 - 8:45 pm TTh 14 10/14 - 12/4

### Beginning Yoga

IMA Studio 316 \$70.85 01 Beginning 6:45 - 8:00 am MWF 23 10/13 - 12/5

### Gentle Yoga

IMA Studio 316 \$43.60 01 Beginning 12:15 - 1:15 pm TTh 14 10/14 - 12/4

### Hatha Flow Yoga

IMA Studio 316 \$49.05 01 All 4:00 - 5:15 pm TTh 14 10/14 - 12/4  
 02 All 5:30 - 6:45 pm TTh 14 10/14 - 12/4

### Intermediate Yoga

IMA Studio 316 \$70.85 01 Intermediate 4:00 - 5:15 pm MWF 23 10/13 - 12/5

### Vinyasa Flow Yoga

IMA Studio 316 \$49.05 01 Intermediate 6:45 - 8:00 am TTh 14 10/14 - 12/4

### Saturday Yoga

IMA Studio 316 \$5.45/visit All 9:30 - 10:45 am Sat 9/27, 10/4, 10/11, 10/18  
 (Purchase tickets at the Member Services Desk prior to class) 10/25, 11/1, 11/22, 12/6

## Martial Arts

### Aikido Shin Ryu

IMA Mat Room A \$45 01 Beginning 7:00 - 8:30 pm TTh 12 10/14 - 11/25

### Judo

IMA Mat Room B \$35 01 Beg./ Int. 6:30 - 7:30 pm MW 12 10/13 - 11/19

### Karate (Shotokan)

IMA Studio 111 \$35 01 Beginning 6:30 - 7:30 pm TTh 12 10/14 - 11/25

### Kung Fu

IMA Studio 111 \$35 01 Beginning 7:30 - 8:30 pm MW 12 10/13 - 11/19

### Tae Kwon Do

IMA Mat Room B \$35 01 Beginning 6:30 - 7:30 pm TTh 12 10/14 - 11/25

### T'ai Chi

IMA Studio 111 \$35 01 Beginning 7:30 - 8:30 pm MW 12 10/13 - 11/19

## Special Interest

### Body Fat Testing (10-minute intervals)

Fitness Assessment \$10 01 All 11:00 am - 12:30 pm Wed. 1 10/29  
 Room 208 02 All 4:00 pm - 6:30 pm Thu. 1 11/13

### Free CPR (Medic II) Full Course

Meeting Room 246 Free 01 All 6:00 pm - 9:00 pm Mon. 1 10/20

### "Getting Back into the Game" Workshop

Meeting Room 246 \$5 01 All 5:30 pm - 6:30 pm Thu. 1 11/20

## Personal Training

For more information visit the Programs Office (3rd floor)

M-F 9am-6pm, call 206-543-2571 or visit

[http://depts.washington.edu/ima/IMA\\_pt.php](http://depts.washington.edu/ima/IMA_pt.php)

Personal training is one-on-one instruction that incorporates exercise screening, goal-setting, and health education. Following a fitness consultation, the trainer will design a challenging workout routine specifically designed for each individual's needs. Your personal trainer is there to instruct you on proper lifting techniques, introduce you to exercises that target your specific goals, and motivate you towards your full potential.

## Sports

### Golf

Students \$25 Golf class registration takes place continuously at the Golf Range until the **FIRST** class meeting or until the class fills.  
 Faculty/Staff \$40  
 Alumni \$50 For additional information call the Golf Range at (206) 543-8759  
 General Public \$65 or see the Golf Brochure.

### Handball

IMA Court 1 \$20 01 Beginning 4:30 - 5:30 pm TTh 10 10/14 - 11/18

### Racquetball

IMA Court 1 \$20 01 Adv. Beginning 5:30 - 6:30 pm MW 10 10/13 - 11/12

### Rowing

Waterfront Act. Center \$35 01 Beginning 6:15 - 8:15 am M-F 11 10/13 - 10/27

### International Squash

IS Courts # 1, 2, 3 & 4 \$20 01 Beg/AdvBeg 5:30 - 6:30 pm MW 10 10/13 - 11/12

### Tennis - Indoor

Nordstrom Tennis \$40 01 Adv. Beginning 6:00 - 7:15 pm MW 8 10/13 - 11/5  
 ITC Court 1 02 Intermediate 6:00 - 7:15 pm TTh 8 10/14 - 11/6

### Tennis - Outdoor

IMA Courts 1, 2 & 3 \$35 03 Intermediate 3:30 - 4:30 pm MW 10 10/13 - 11/12  
 04 Adv. Beg 2:30 - 3:30 pm TTh 10 10/14 - 11/18  
 05 Advanced 3:30 - 4:30 pm TTh 10 10/14 - 11/18  
 06 Beginning 9:00 - 10:40 am Sat. 6 10/11 - 11/15  
 07 Adv. Beg 10:50 - 12:30 pm Sat. 6 10/11 - 11/15

### New Sections! Pilates Mat

Studio 111 \$49.05 03 Beginning 4:30 - 5:30 pm MW 16 10/13 - 12/3  
 Mat Room A 04 Intermediate 5:45 - 6:45 pm MW 16 10/13 - 12/3  
 Studio 111 05 All 4:15 - 5:45 pm TTh 14 10/14 - 12/4  
 Mat Room A 06 All 5:30 - 6:30 pm TTh 14 10/14 - 12/4