

# SPORTS & FITNESS CLASSES

Phone: 206-543-2571

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

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

Registration - Begins September 21, 2009

**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. Registration for UW student and faculty/staff spouses and registered same sex domestic partners (IMA members) begins **October 5th**.

## Holidays

No classes will be held on **November 11, 26 & 27**.

**NOTE: STATE RETAIL SALES TAX (9.5%) HAS BEEN ADDED TO ALL EXERCISE CLASSES. INSTRUCTION CLASSES ARE NOT SUBJECT TO THE TAX.**

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

## Aquatics

### Deep Water Fitness

IMA Pool (Diving Tank) \$38.33 01 All 5:30 pm - 6:15 pm TTh 17 10/13 - 12/10

### Hydro Aerobics

Hec Ed Pool \$49.28 01 All 7:00 am - 8:00 am MWF 25 10/12 - 12/11

### Swim Conditioning

Hec Ed Pool \$38.33 01 Adv. 5:30 pm - 7:00 pm TTh 12 10/13 - 11/19

### Swimming

Hec Ed Pool \$25.00 01 Beg. 8:00 am - 8:40 am MW 10 10/12 - 11/16  
 02 Beg. 4:30 pm - 5:10 pm MW 10 10/12 - 11/16  
 03 Int. 7:00 am - 7:40 am TTh 10 10/13 - 11/12  
 04 Adv. Beg. 7:45 am - 8:25 am TTh 10 10/13 - 11/12  
 05 Adv. Beg. 4:30 pm - 5:10 pm TTh 10 10/13 - 11/12

## Cycling

### Indoor Cycling

Cycling Studio \$75.28 01 All 7:00 am - 8:00 am MWF 25 10/12 - 12/11  
 \$54.75 02 All 4:30 pm - 5:30 pm MW 17 10/12 - 12/9  
 03 All 6:00 pm - 7:00 pm MW 17 10/12 - 12/9  
 04 All 6:30 am - 7:30 am TTh 17 10/13 - 12/10  
 05 All 12:00 pm - 1:00 pm TTh 17 10/13 - 12/10  
 06 All 5:30 pm - 6:30 pm TTh 17 10/13 - 12/10  
 07 All 6:45 pm - 7:45 pm TTh 17 10/13 - 12/10

### Saturday Indoor Cycling

Cycling Studio \$5.48/class All 9:30 am - 10:30 am Sat 10 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5

## Dance

### Hip Hop Dance

IMA Studio 111 \$35.00 01 All 5:30 pm - 6:30 pm MW 17 10/12 - 12/9  
 02 All 6:30 pm - 7:30 pm MW 17 10/12 - 12/9  
 IMA Studio 216 03 All 3:15 pm - 4:15 pm TTh 17 10/13 - 12/10

## Fitness

### Ab Lab

IMA Archery Room \$21.90 01 All 8:15 am - 8:45 am MW 17 10/12 - 12/9  
 02 All 12:15 pm - 12:45 pm MW 17 10/12 - 12/9  
 03 All 5:15 pm - 5:45 pm MW 17 10/12 - 12/9

### Absolute Conditioning

IMA Mat Room B \$32.85 01 All 5:30 pm - 6:30 pm MW 17 10/12 - 12/9  
 02 All 5:30 pm - 6:30 pm TTh 17 10/13 - 12/10

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### Cardio Funk

IMA Archery Room \$38.33 01 All 6:45 pm - 7:45 pm TTh 17 10/13 - 12/10

### Cardio Kicks

IMA Archery Room \$38.33 01 All 6:00 pm - 7:00 pm MW 17 10/12 - 12/9  
 02 All 4:15 pm - 5:15 pm TTh 17 10/13 - 12/10  
 03 All 5:30 pm - 6:30 pm TTh 17 10/13 - 12/10

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

IMA Studio 216 \$38.33 01 Int. 4:15 pm - 5:15 pm MW 17 10/12 - 12/9  
 02 Int. 5:30 pm - 6:30 pm TTh 17 10/13 - 12/10

### High/Low Aerobics

IMA Studio 216 \$49.28 01 All 7:00 am - 8:00 am MWF 25 10/12 - 12/11

### Pilates Mat

IMA Studio 316 \$49.28 01 All 10:30 am - 11:30 am MW 17 10/12 - 12/9  
 02 Beg. 3:30 pm - 4:20 pm TTh 17 10/13 - 12/10  
 IMA Studio 111 03 Adv. Beg./Int. 4:30 pm - 5:20 pm TTh 17 10/13 - 12/10  
 04 All 5:30 pm - 6:20 pm TTh 17 10/13 - 12/10

### Ski Conditioning

IMA Gym B \$38.33 01 All 5:30 pm - 6:30 pm MW 17 10/12 - 12/9

### Step Mix Aerobics

IMA Studio 216 \$38.33 01 All 6:30 pm - 7:30 pm MW 17 10/12 - 12/9

### Total Toning

IMA Studio 216 \$32.85 01 All 5:30 pm - 6:15 pm MW 17 10/12 - 12/9  
 02 All 7:45 am - 8:30 am TTh 17 10/13 - 12/10  
 03 All 4:30 pm - 5:15 pm TTh 17 10/13 - 12/10  
 04 All 6:45 pm - 7:30 pm TTh 17 10/13 - 12/10

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

## Martial Arts

### Aikido Shin Ryu

IMA Mat Room A \$45.00 01 Beg. 7:00 pm - 8:30 pm TTh 12 10/13 - 11/19

### Judo

IMA Mat Room B \$35.00 01 Beg./Int. 6:40 pm - 7:40 pm MW 12 10/12 - 11/23

### Kung Fu

IMA Studio 111 \$35.00 01 Beg. 7:30 pm - 8:30 pm MW 12 10/12 - 11/23

### Shotokan Karate

IMA Studio 111 \$35.00 01 Beg. 6:30 pm - 7:30 pm TTh 12 10/13 - 11/19

### Tae Kwon Do

IMA Mat Room B \$35.00 01 Beg. 6:30 pm - 7:30 pm TTh 12 10/13 - 11/19

### Tai Chi

IMA Studio 111 \$35.00 01 Beg. 7:30 pm - 8:30 pm MW 12 10/12 - 11/23

## Special Interest

### Body Fat Testing

Fitness Assess. \$10.00 01 All 11:00 am - 12:30 pm Wed 1 10/28  
 Room 208 02 All 4:00 pm - 6:30 pm Thu 1 11/19

### CPR Medic II

IMA Meeting Room 246 \$10.00 01 All 6:00 pm - 9:00 pm Mon 1 10/19

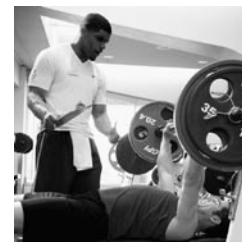
### Personal Training

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

### Badminton

IMA Gym B \$20.00 01 Beg./Adv. Beg. 6:00 pm - 7:00 pm MW 10 10/12 - 11/16

### Handball

IMA Court 1 \$20.00 01 Beg. 4:30 pm - 5:30 pm TTh 10 10/13 - 11/12

### International Squash

IS Court 1,2,3,4 \$20.00 01 Beg./Adv. Beg. 5:30 pm - 6:30 pm MW 10 10/12 11/16

### Racquetball

IMA Court 1 \$20.00 01 Adv. Beg. 5:30 pm - 6:30 pm MW 10 10/12 - 11/16

### Rowing

Waterfront Activities Center \$35.00 01 Beg. 6:15 am - 8:15 am M-F 11 10/12 - 10/26

### Indoor Tennis

Nordstrom Tennis Ct. \$40.00 01 Adv. Beg. 6:00 pm - 7:15 pm MW 8 10/12 - 11/4  
 ITC Court 1 02 Int. 6:00 pm - 7:15 pm TTh 8 10/13 - 11/5

### Outdoor Tennis

IMA Courts 1,2, & 3 \$35.00 03 Int. 3:30 pm - 4:30 pm MW 10 10/12 - 11/16  
 04 Adv. Beg. 2:30 pm - 3:30 pm TTh 10 10/13 - 11/12  
 05 Adv. 3:30 pm - 4:30 pm TTh 10 10/13 - 11/12  
 06 Beg. 9:00 am - 10:40 am Sat. 6 10/10 - 11/14  
 07 Adv. Beg. 10:50 am - 12:30 pm Sat. 6 10/10 - 11/14

### Golf

Student \$25.00  
 Faculty/Staff \$40.00  
 Alumni \$50.00  
 General Public \$65.00  
 Golf class registration takes place continuously at the golf range until the first class meeting or until the class fills. For additional information call the Golf Range at 206-543-8759 or see the golf brochure.

## Weight Training

### Weight Training

IMA Room 212B \$27.38 01 Beg. (Women) 12:00 pm - 1:00 pm MW 10 10/12 - 11/16  
 02 Beg. 5:45 pm - 6:45 pm MW 10 10/12 - 11/16  
 03 Beg. 5:30 pm - 6:30 pm TTh 10 10/13 - 11/12

## Yoga

### Beginning Yoga

IMA Studio 316 \$65 01 Beg. 6:45 am - 8:00 am MWF 25 10/12 - 12/11

### Gentle Yoga

IMA Studio 316 \$40 01 Beg. 12:15 pm - 1:15 pm TTh 17 10/13 - 12/10

### Hatha Flow

IMA Studio 316 \$45 01 All 9:00 am - 10:15 am MW 17 10/12 - 12/9  
 \$40 02 All 12:00 pm - 1:00 pm MW 17 10/12 - 12/9  
 \$45 03 All 7:00 pm - 8:15 pm M/Th 17 10/12 - 12/10  
 04 All 4:00 pm - 5:15 pm TTh 17 10/13 - 12/10  
 05 All 5:30 pm - 6:45 pm TTh 17 10/13 - 12/10

### Hatha Yoga

IMA Studio 111 \$45 01 All 4:00 pm - 5:15 pm MW 17 10/12 - 12/9  
 IMA Studio 316 02 All 5:30 pm - 6:45 pm MW 17 10/12 - 12/9

### Intermediate Yoga

IMA Studio 316 \$65 01 Int. 4:00 pm - 5:15 pm MWF 25 10/12 - 12/11

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### Power Yoga

Mat Room A \$45 01 Int. 4:30 pm - 5:45 pm TTh 17 10/13 - 12/10

### Vinyasa Flow

IMA Studio 316 \$45 01 Int. 6:45 am - 8:00 am TTh 17 10/13 - 12/10

### Saturday Yoga

IMA Studio 316 \$5/class All 9:30 am - 10:45 am Sat. 10 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5

Purchase Tickets at the Member Services Desk