

DARE TO DO 2020 HUSKY FITNESS PASS

Use this stamp card at the following studios partnering with The Whole U. Present it with your Husky Card upon every visit. Limited to one copy per person. Pass is valid 1/13/20 through 2/14/20.



PURE BARRE High intensity, low impact total body barre workout. Only valid at U District location.

Learn more: www.purebarre.com/location/seattle-university-wa



3 VISITS



IANFITNESS High energy, action packed bootcamp sessions and personal training at 8 greater Seattle locations. Only valid for bootcamp sessions.

Learn more: www.ianfitness.com



3 VISITS



UNIVERSITY Y Full scale YMCA with gym equipment and a variety of workout classes located at the UW Tacoma campus.

Learn more: www.ymcapkc.org/university-ymca



12 VISITS



CLUB CYCLE AT THE UW IMA Dance-inspired spin class with time spent in and out of the saddle with resistance bands for the upper body. Non-IMA members, please check-in at the ID control booth. This class is located in the IMA Cycle Studio.

Learn more: www.washington.edu/ima/ima-building



Visit 1: Tues Jan 14 at 6:10 p.m.



Visit 2: Wed Jan 15 at 6:10 p.m.



TRUFUSION Group fitness studio in Bellevue offering heated and unheated yoga, barre, Pilates, bootcamp, kettlebell, battle ropes, boxing, and TRX.

Learn more: trufusion.com/individual-studio/?studio=28&studioName=Bellevue



1 VISIT



ROW HOUSE A rewarding 45-minute, full body rowing experience to build strength, endurance, and confidence for all different shapes, sizes, and abilities. Only valid at the West Seattle location.

Learn more: <https://www.therowhouse.com/location/west-seattle>



5 VISITS



NW FITNESS First Hill neighborhood gym offering equipment access 24/7, plus various classes, including bootcamp workouts.

Learn more: www.nwfitnessgym.com



3 VISITS



SWEAT STUDIOS Low impact, fast paced, abs and booty focused workout in Fremont. Gain flexibility tighten your core, and get a great sweat using your own body weight and Pilates driven exercises.

Learn more: www.thesweatstudios.com



4 VISITS (1 PER WEEK)



LA FITNESS Gym chain with full scale equipment and group exercise classes with more than 700 clubs across the U.S. and Canada. Copy and paste the link to access your 2-week pass.

Learn more: www.lafitness.com

bit.ly/LAFitnessUWPass



24 HOUR FITNESS Gym chain with full scale equipment and group exercise classes with more than 400 clubs across the U.S. Access your 2-week pass on page 2 with the UW CORP ID.

Learn more: www.24hourfitness.com

2 WEEK PASS