

# FITNESS PASS

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THE WHOLE U  
UNIVERSITY of WASHINGTON



Use this pass to enjoy FREE classes with local studios from February 9 to 13!  
Questions? Contact the studio directly via phone and they can help you arrange your free class reservation.

## GYMS

### AMPERSAND FITNESS

UNLIMITED GYM USE AND CLASSES

Learn more: <https://www.ampersandfitnessgym.com/>

Visit our locations at First Hill or Green Lake during open hours. Bring your Husky Card and pass to front desk to sign waivers. It's best to call us in advance in case our desk staff are occupied.

### EQUINOX - RAINIER SQUARE

3 DAY TRIAL WITH GYM USE AND CLASSES

Learn more: <https://www.equinox.com/clubs/washington/rainiersquare>

1. Visit this link to activate your UW 3-day trial: <https://bit.ly/HSWGEquinox>
2. Follow the steps at the link as indicated. Please note that activating your pass requires a brief meeting to get set up for your first visit.

### IMA UW RECREATION

UNLIMITED GYM USE AND CLASSES

Learn more: <https://www.washington.edu/ima/>

1. Visit the front desk, show your Husky Card and Fitness Pass.

### UNIVERSITY FAMILY YMCA

3 VISITS WITH GYM AND CLASS ACCESS

Learn more: <https://www.seattleyymca.org/locations/university-family-ymca>

1. Create an account on the website.
2. Visit the front desk of the University Family YMCA and show your Husky Card. A YMCA staff member will help you complete setting up your free trial, including signing waivers and verifying your ID.
3. Participants should bring a physical state ID or driver's license for verification of identity.

### UNIVERSITY Y TACOMA

UNLIMITED GYM USE AND CLASSES

Learn more: <https://www.tacoma.uw.edu/uwy>

1. Visit the front desk, show your Husky Card and Fitness Pass. Front desk staff will get you signed up for a waiver and free trial.

### ARC UW BOTHELL

UNLIMITED GYM USE AND CLASSES

Learn more: <https://www.uwb.edu/arc/>

1. Visit the front desk, show your Husky Card and Fitness Pass. Front desk staff will get you set for your trial.



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## FITNESS STUDIOS

### TRUFUSION - UNIVERSITY VILLAGE

UNLIMITED CLASSES

Learn more: <https://uvillage.com/directory/trufusion-2/>

1. Visit this link to activate your free week: <https://bit.ly/HSWGTruFusion>
2. Create your account and begin booking classes.

### PEACEFUL TRAINING

1 FITNESS ASSESSMENT

Learn more: <https://www.peacefultraining.com/>

1. Visit the website and book your free fitness assessment to try out our training.

UNLIMITED ACCESS

### SEATTLE BOULDERING PROJECT - UDISTRICT

Learn more: <https://boulderingproject.com/location/university-district/>

1. Visit the front desk, show your Husky Card and Fitness Pass. Front desk staff will get you signed up for a waiver and free trial.

## BARRE STUDIOS

### BARRE3 BALLARD

UNLIMITED CLASSES

Learn more: <https://barre3.com/studio-locations/ballard>

1. Email Katie Lyden at [katie.lyden@barre3.com](mailto:katie.lyden@barre3.com) to activate your pass.

### BARRE3 COVINGTON

UNLIMITED CLASSES

Learn more: <https://barre3.com/studio-locations/covington>

1. Begin by creating a free account on the website.
2. Then email, call or text us: [covington@barre3.com](mailto:covington@barre3.com), 253-981-3781. Let us know you are part of the UW Fitness Pass and we will load your account with the week access. Reach out to us anytime for help during the process!

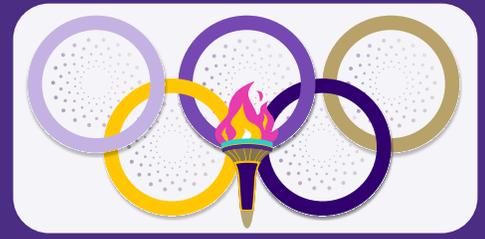
### PURE BARRE - SEATTLE LOCATIONS

UNLIMITED CLASSES

Sign up for 1 week of unlimited classes at these links. Input the code HUSKY to discount the amount to \$0:

- Capitol Hill: <https://bit.ly/UWPBCH26>
- Queen Anne: <https://bit.ly/UWPBQA26>
- Columbia Station location: <https://bit.ly/UWPBCS26>

Learn more: <https://www.purebarre.com/>



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## YOGA

### SHEFAYOGA **UNLIMITED CLASSES**

Learn more: <https://shefayogaroosevelt.com/>

1. Students will need to create a Mindbody account and register for classes through Mindbody.
2. Use the promo code **HUSKYPROMO** at checkout.

### THE YOGA SHALA SEATTLE **UNLIMITED CLASSES**

Learn more: <https://www.theyogashalaseattle.com/>

1. Call or email the studio to get set-up for your visit: [info@theyogashalaseattle.com](mailto:info@theyogashalaseattle.com), 207.604.2298

### BODY REFLECTS YOGA **UNLIMITED CLASSES**

Learn more: <https://www.bodyreflects.com/>

1. Visit the website, make an account with Mindbody and sign up for a class.
2. Use code to check out for free: **UWOLYMPICS**
3. Questions? Call us at: (206) 679-0111, text us at: (206) 758-5537, or email us at: [info@bodyreflects.com](mailto:info@bodyreflects.com)

### BREATHE HOT YOGA **UNLIMITED CLASSES**

Learn more: <https://breathehotyoga.com/>

1. Visit this link to activate your free week: <https://bit.ly/HSWGBreatheYoga>
2. Create your account and begin booking classes.