

Enjoy free or discounted classes at local studios and centers in celebration of Nurses Week! UW Medicine nurses may use during May. Enjoy additional, live UW community classes on Zoom!

UW RECREATION

Offer: 1 free class in May
Location: IMA Seattle campus
Sign-up: Email jpgalmer8@uw.edu to get on class list.
Available classes: washington.edu/ima/rec-class-pass/



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PRANIFY YOGA

Offer: 1 free in-studio class in May
Location: Green Lake, 7110 Woodlawn Ave NE, Seattle, WA 98115
Sign-up: Register online at bit.ly/UWPranifyNurse
Website: pranifyyoga.com/seattle



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TRUFUSION

Offer: One week unlimited classes in May
Location: Any TruFusion in Washington state
Sign-up: Show badge in studio or visit bit.ly/TruFusionUWNurse
Website: new.trufusion.com



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SHEFAYOGA

Offer: One free class
Location: Roosevelt: 6521 Roosevelt Way NE, Seattle, WA 98115
Sign-up: Use code "Whole U" online or call studio.
Website: shefayogaroosevelt.com/



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ROW HOUSE

Offer: Three free classes
Location: Row House SLU
Sign-up: Use code "UWNURSES" at bit.ly/RowHouseUWNurse
Website: therowhouse.com/location/south-lake-union



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CHINESE WUSHU & TAICHI ACADEMY

Offer: \$20 off beginner group classes
Location: Mercer Island, 2827 80th Ave SE, Mercer Island, WA 98040
Sign-up: Email yijiao@chinesewushutaichi.com for more info.
Website: chinesewushutaichi.com



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LIVE VIRTUAL CLASSES FOR UW COMMUNITY

SLOW FLOW WITH PRANIFY YOGA

Tuesday, May 6
6:00 - 6:45 a.m.
Zoom



Thursday, May 8
8:15 - 9:00 p.m.
Zoom



ALL-LEVELS FLOW WITH 8 LIMBS YOGA

Wednesday, May 21
6:30 - 7:30 p.m.
Zoom



HAPPY NURSES WEEK!

