


# M FLINT FITNESS CLASS SCHEDULE—FALL 2009

## DROP-IN FITNESS CLASSES - Free (Tuesday, September 8 - Saturday, December 19, 2009)

	MON	TUE	WED	THUR	FRI	SAT
7 - 8am					Circuit Training Tina Aerobic Dance Room (ADR)	
10 - 11am	Seniors & Friends Activities Area		Seniors & Friends Activities Area		Seniors & Friends Activities Area	Low Impact Aerobics Gina Aerobic Dance Room
10a - 12noon					Seniors & Friends Pool	Seansul Club Robert Racquetball Court #1
11am - 12noon	Seniors & Friends Pool	Splash Bash Two <b>OPEN</b> Pool Lisa	Seniors & Friends Pool	Splash Bash Two <b>OPEN</b> Pool Lisa	Ben & Friends LL Fitness Room	<b>OPEN</b> <b>Open Access!</b> No membership or day pass purchase required for Splash Bash Two. Please bring your own towel!  No registration is required for drop-in sessions. FREE to UM-Flint students, members and day pass users! <b>CALL</b> <b>810.762.3441</b> <b>FOR MORE</b> <b>INFO!</b>
12:15 - 1pm	Ben & Friends LL Fitness Room		Ben & Friends LL Fitness Room		Lunchtime Yoga Maria Room 11	
12:15 - 1pm	Lunchtime Yoga Maria Room 11	Walking Off the Pounds Kay Aerobic Dance Room	Lunchtime Yoga Natalia Room 11	Walking Off the Pounds Kay Aerobic Dance Room		
12:15 - 1pm		Step Kickboxing Jessica O. LL Fitness Room		Step Kickboxing Jessica O. LL Fitness Room		
4 - 5pm	Ashtanga Yoga Jessica S. Room 11			Ashtanga Yoga Jessica S. Room 11		
4:30 - 5:30pm		Lower Body Blast Jessica O. Aerobic Dance Room		Lower Body Blast Jessica O. Aerobic Dance Room		
5:30 - 6:30pm	Aqua Fitness Dawn Pool		Aqua Fitness Dawn Pool			
5:30 - 6:30pm	Cardio Kickboxing Tina Aerobic Dance Room	Straight Up Step Jessica O. Aerobic Dance Room	Boot Camp Tina Aerobic Dance Room	Low-Impact Gina Aerobic Dance Room		
6:30 - 7pm						
6:30 - 7:30pm	Ab Lab Tina Aerobic Dance Room	Functional Fitness Jon Aerobic Dance Room	Ab Lab Tina Aerobic Dance Room			



\*Sign up for any two  
Specialty Fitness Classes  
and deduct \$10

**NEW from MHealthy**  
\$10 discount for  
UM-Flint Faculty/Staff

Note: NO specialty  
classes during  
Thanksgiving Holiday Week!

## SPECIALTY FITNESS CLASSES - Fee-based

(Monday, September 14 - Saturday, December 12, 2009)

(see other side for class  
dates and fee information)

	MON	TUE	WED	THUR	SAT
6:45 - 7:30am					
12 - 12:45pm					Zumba™ Tina ADR
1 - 1:45pm					
5 - 5:45pm		<b>** Tuesday BOSU Classes 9/22 - 12/15</b>		<b>&gt;&gt;&gt; Thursday BOSU Classes 9/24 - 12/17</b>	
5:30 - 6:15pm		<b>** BOSU Basics</b> Katherine LL Fitness Room	Spinning™ Staff LL Fitness Room	<b>&gt;&gt;&gt; BOSU Basics</b> Katherine LL Fitness Room	
6 - 7:30pm	Iyengar Yoga Rachelle Room 11		Iyengar Yoga Rachelle Room 11		
6:30 - 7:15pm		<b>** BOSU Advance</b> Katherine LL Fitness Room	Zumba™ Cristina LL Fitness Room	<b>&gt;&gt;&gt; BOSU Advance</b> Katherine LL Fitness Room	
7:30 - 8:15pm	Hip Hop Cristina Aerobic Dance Room				

## FALL HOURS

DAY	GENERAL BUILDING	POOL	OFFICE
Monday-Thursday	6am - 10pm	6 - 9am • 11am - 9pm	7:30am - 6:30pm
Friday	6am - 9pm	6 - 9am • 11am - 8pm	7:30am - 6:30pm
Saturday	8am - 6pm	9am - 5pm	10am - 2pm
Sunday	10am - 8pm	11am - 7pm	Closed

The RECREATION CENTER will be closed Monday, September 7 (Labor Day), Thursday, November 26 (Thanksgiving), and Friday, December 25 (Christmas). For more information call 810.762.3441. We are located west of the Farmer's Market near I-475. SB Longway Blvd. exit to Chavez Blvd., near Kearsley and Mill Street Intersection.

The University of Michigan-Flint Recreation Center is a leader in health, fitness and recreational experiences for Flint and the surrounding communities. The Recreation Center is open to the public through specialty fitness classes, fitness center membership, rental or day pass. Learn more at [FlintRec.com](http://FlintRec.com).



## Drop-In Fitness Classes

(September 8 - December 19, 2009)

**Free with Membership or Day Pass!**

### Aerobics Classes

#### Ab Lab

Strengthen your core muscles in this intense ab workout. You'll be stronger for taking on the challenge!

#### Boot Camp

This military inspired fitness class starts off with "The Daily Seven" warm up and incorporates upper and lower body development along with cardiovascular training.

#### Cardio Kickboxing

Bring the movements of martial arts and boxing to aerobic training! Use your boxing skills in this low-impact, high-energy class.

#### Circuit Training

A high energy class that combines cardio, strength, and endurance training. The variety will keep you pumped!

#### Functional Fitness

Increases stamina, balance, and core strength as you engage in conditioning exercises that can be done anywhere.

#### Lower Body Blast

A serious leg & glute program designed to first build a lower body foundation, then chiseled lower body muscles.

#### Low Impact Aerobics

A low impact workout that turns basic movement into fitness improvement. Appropriate for any fitness level.

#### Straight Up Step

A straight forward step class that is appropriate for all fitness levels. Learn some step moves to get your heart pumping.

#### Step Kickboxing

Take your kickboxing to the step and get moving! You will use your boxing skills along with the steps, that will definitely get your heart rate elevated.

#### Walking Off The Pounds

A great program that uses video instruction to lead you on a 2-mile, low-impact, fitness "walk." It is a 35-minute noontime class that gets you fit for the day.

### Aqua Classes

#### Aqua Fitness

An invigorating water workout that enhances cardiovascular fitness, strength, and flexibility. Ideal for all fitness levels. No swimming is required.

#### Splash Bash Two **OPEN**

A complete water exercise program designed to tone the body, strengthen the muscles and condition the heart and lungs. Join us in a fun, safe and welcoming environment! Adults at all fitness levels are welcome.

### Mind/Body Classes

#### Ashtanga Yoga

Challenge yourself with this more advanced form of yoga. Yoga Education Society (Y.E.S.) Club members encouraged to attend.

#### Lunchtime Yoga

Yoga can help you improve muscular strength, flexibility and balance while providing a wonderful relaxation experience to end your session.

#### Seonsul Club

Based on the art of Hapkido, learn striking, grappling, kicks and joint locks for self defense. For both men and women.

### Older Adult Fitness Classes

#### Seniors & Friends

A peer-led fitness class that incorporates land & water sessions. Open to the older adult.

#### Ben & Friends

A peer-led fitness class that focuses on low-impact and calisthenics. Open to the older adult.

## Specialty Fitness Classes

(September 14 - December 12, 2009)

#### \*Belly Dance I & II

Build a stronger physical body while learning the art of belly dancing. This class will teach you the basic techniques of belly dance while having fun!

**FEE! \$50 students/members, \$70 community • Every Monday, Sept 14 - Dec 7, 2009**

#### \*BOSU Basics

If you're new to BOSU Ball, join us and learn a refreshing, aerobic, upbeat workout using half a ball (you gotta see this thing!). Strengthen your core, legs, abs, glutes, and heart while perfecting balance. This is for anyone looking for a challenging and rewarding exercise program.

**FEE! \$50 students/members, \$70 community • Every Tue -OR- Thur, Sept 22 - Dec 15, 2009**

#### \*BOSU Advance

Join us for a balanced workout with this unique training apparatus that incorporates both aerobic and core training. This class is for those courageous enough to take BOSU to the next level.

**FEE! \$50 students/members, \$70 community • Every Tues -OR- Thur, Sept 25 - Dec 17, 2009**

#### \*Classic Pilates

Transform the way your body looks, feels, and performs. Pilates teaches body awareness, good posture, and easy graceful movement. Improve flexibility, agility, and help alleviate back pain. A gentle, yet body challenging workout!

**FEE! \$50 students/members, \$70 community • Every Wednesday, Sept 16 - Dec 9, 2009**

#### \*Hip Hop

Learn the latest dance moves while getting fit! This high energy class will pump hip-hop beats, and the freestyle movements provide a great cardio workout.

**FEE! \$50 students/members, \$70 community • Every Monday, Sept 14 - Dec 7, 2009**

#### \*Hip Hop & Funk for Families

Bring your family for some fun & fitness! We will be gettin' everyone up & movin'. Learn new styles of hip-hop dance, and have a good time. Recommended for kids ages 6-13 (kids fee 1/2 price) with at least one accompanying adult.

**FEE! \$50 students/members, \$70 community • Every Saturday, Sept 19 - Dec 12, 2009**

#### \*Iyengar Yoga

Develop strength, stamina, flexibility & balance in this specialized class. Use of props such as cushions, benches & blocks help students enjoy the benefits of body alignment, concentration and meditation.

**FEE! \$50 students/members, \$70 community • Every Mon -OR- Wed, Sept 14 - Dec 9, 2009**

#### \*Spinning

This workout will lead you over hills and across flat terrain. It's a fun and challenging workout that is easy on your knees and joints. Water bottles and towels are highly recommended. The class is limited to first 11 paid registrants.

**FEE! \$50 students/members, \$70 community • Every Wednesday, Sept 16 - Dec 9, 2009**

#### \*Zumba!

Kick up your dance moves with this high impact Zumba class! Not only will you dance to Latin rhythms, you will move in ways you never knew possible.

**FEE! \$50 students/members, \$70 community • Every Wednesday, Sept 16 - Dec 9 -OR- every Saturday, Sept 19 - Dec 12, 2009**

## 20-Week On-Line Courses

**FEE! \$75 per course**  
(includes book & access to  
website on-line study course)

### ▷ Active Living Every Day

**Active Living Every Day (ALED)** helps you get motivated to meet the Surgeon General's minimum recommendation of 30 minutes of physical activity most days of the week. This on-line course and book will help you make the commitment in a step-by-step process. You can be living a healthier, more active lifestyle in just 20 weeks. Start any time—now is better!

### ▷ Healthy Eating Every Day

**Health Eating Every Day (HEED)** helps you improve the quality of the foods you eat or balance calories to reach a healthy or healthier weight. Different from most eating programs, HEED empowers you to change your eating habits for a lifetime! HEED uses step-by-step sessions that will teach you how to make simple changes. It's easier than you think!

**Contact Theresa Landis (your on-line facilitator)**

**E-mail: tlandis@umflint.edu -or- phone: 810.762.3441.**