


M FLINT FITNESS CLASS SCHEDULE-WINTER 2012

DROP-IN FITNESS CLASSES - Free (Tuesday, January 3 - Saturday, April 21, 2012)

	MON	TUE	WED	THUR	FRI	SAT
6:30 - 7am					Ab Lab Tina ADR	
7 - 8am					Circuit Training Tina ADR	
10 - 11am	Seniors & Friends Activities Room		Seniors & Friends Activities Room		Seniors & Friends Activities Room	Gina's Brickhouse Aerobics Gina ADR
11am - 12noon	Seniors & Friends Pool	Splash Bash Pool Jessica	Seniors & Friends Pool	Splash Bash Pool Jessica	Seniors & Friends Pool	OPEN
11am - 12noon				Functional Fitness Jon ADR		Open Access! No membership or day pass purchase required for Splash Bash. Please bring your own towel!
12:15 - 1pm	Ben & Friends LLFR		Ben & Friends LLFR		Ben & Friends LLFR	
12:15 - 1pm	Lunchtime Yoga Maria Room 11	Walking Off the Pounds Kay LLFR	Lunchtime Yoga Natala Room 11	Walking Off the Pounds Kay LLFR	Lunchtime Yoga Maria Room 11	 No registration is required for drop-in sessions. FREE to UM-Flint students, members and day pass users! CALL 810.762.3441 FOR MORE INFO!
4 - 5pm	Ashtanga Yoga Brenda Room 11					
5 - 5:30pm	Ab Lab Tina LLFR		Ab Lab Tina ADR		Room Locations: Activities Room & ADR (Aerobic Dance Room) -main level LLFR (Lower Level Fitness Room) -court level/through court/locker room access Room 11 = Lower Level follow pool directional hallway, on right	
5:30 - 6:30pm	Aqua Fitness Dawn Pool		Aqua Fitness Dawn Pool			
5:30 - 6:30pm	Boot Camp Tina ADR	Straight Up Step Katherine ADR	Boot Camp Tina ADR	Straight Up Step Katherine ADR		
6:30 - 7pm		Ab Lab Katherine ADR		Ab Lab Katherine ADR		
6:30 - 7:30pm	Lower Body Blast Jessica ADR		Lower Body Blast Jessica O. ADR			

SPECIALTY FITNESS CLASSES Fee: \$50 student/member; \$75 community

Most are Monday, January 16 - Friday, April 13, 2012 (12 weeks) • NO SPECIALTY CLASSES Spring Break Week (February 27 - March 3, 2012)

See other side of this flyer for class description information.



- * **Iyengar Yoga** (15 weeks): Mon, Jan 9 - Wed, Apr 25, 2012 • Fee: \$60 student/member; \$85 community
- ** **Morning Krunch** (10 weeks): Mon, Jan 16 - Fri, Mar 23, 2012 • Fee: \$99 student/member; \$129 community

Sign up for any two **Specialty Fitness Classes** and deduct \$10 **Get the MHealthy \$10 discount.** Available to UM-Flint Faculty/Staff



	MON	TUE	WED	THUR	FRI
6:30 - 8am	**Morning Krunch Tina ADR	**Morning Krunch Tina ADR		**Morning Krunch Tina ADR	**Morning Krunch Tina ADR
7:15 - 8am			Spinning Marilyn LLFR		
10 - 11am		NEW Reps Tina LLFR		NEW Reps Tina LLFR	
11 - 11:45am		NEW Toning Tina LLFR		NEW Toning Tina LLFR	
12 - 12:45pm	Zumba® Susanna ADR			Tai Chi Brenda Room 11	
12:15 - 1pm					Resist-a-ball Diana ADR
5:30 - 6:15pm				Meditation Exploration Theresa Room 11	
5:35 - 6:20pm			Zumba® Susanna LLFR		
5:30 - 6:30pm		Fitness Fusion Boe Room 11			
6:20 - 6:35pm			Yoga Om Cooldown Emily LLFR		
6 - 7:30pm	*Iyengar Yoga Rachelle Room 11		*Advanced Iyengar Yoga Rachelle • Room 11		NO REFUNDS GIVEN after start of 2 nd session!
6:45 - 7:30pm	Spinning Gina LLFR		Spinning Gina LLFR		

Drop-In Fitness Classes

(January 3 - April 21, 2012)

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.

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.

Straight Up Step

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

Walking Off The Pounds

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

Aqua Classes

Aqua Fitness

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

Splash Bash **OPEN**

A complete water exercise program designed to tone the body, strengthen the muscles & condition the heart & 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 aerobic form of yoga. Enjoy the company of other yogis while benefitting from this discipline.

Lunchtime Yoga

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

Older Adult Fitness Classes

Ben & Friends

A peer-led fitness class focusing on low-impact & calisthenics. Open to the older adult.

Seniors & Friends

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

Use the Unlimited Fitness Card
to attend as many fitness classes
as your schedule will allow...

Stop into the membership office to purchase your
Winter 2012 Semester (Jan 3-Apr 30, 2012) Unlimited Fitness Card!



Specialty Fitness Classes

*FEE-BASED Specialty Fitness Classes
(Membership not required to participate!)*

NOTE: NO SPECIALTY CLASSES Spring Break Week (February 27 - March 3)

Fitness Fusion

A total fitness class encompassing endurance, flexibility, strengthening, and mind/body relaxation.

FEE! \$50 students/members, \$75 community • Every Tuesday, Jan 17 - Apr 10; 5:30 - 6:30 p.m.

Iyengar Yoga (15 weeks)

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 & meditation.

FEE! \$60 students/members, \$85 community • Every Monday for beginners -OR- Wednesday for advanced students, Jan 9 - Apr 25; 6 - 7:30 p.m.

Meditation Exploration

With discipline and practice, you can learn to cancel out the effects of stress by putting your body into a relaxed state. Explore various meditation techniques to determine the ones that produce the best relaxation response for you.

FEE! \$50 students/members, \$75 community • Every Thursday, Jan 19 - Apr 12; 5:30 - 6:15 p.m.

Morning Krunch (10 weeks)

This innovative 90-minute early riser boot camp provides intense & effective elements sure to get you in shape! Each session includes an additional 30-minute focus on core strength and ab work. Have fun while you play hard! Weekly weigh-ins included.

FEE! \$99 students/members, \$129 community • Every Mon, Tue, Thur & Fri, Jan 16 - Mar 23; 6:30 - 8 a.m.

Reps **NEW**

A weight training class that shapes, tones & strengthens by using the best weight-room exercises such as squats, presses, lifts, curls along with many others. Focus is on high repetition with low weight loads.

FEE! \$50 students/members, \$75 community • Every Tuesday Jan 17 - Apr 10 -OR-

Thursday, Jan 19 - Apr 12; 10 - 11 a.m.

Resist-a-ball

Focus on core strength, abs, glutes, coordination & balance in this innovative class specifically designed with the Resist-a-ball. Appropriate for all fitness levels.

FEE! \$50 students/members, \$75 community • Every Friday, Jan 20 - Apr 13; 12:15 - 1 p.m.

Spinning (morning or evening class available)

This fun & challenging workout will lead you over hills & across flat terrain. You will be rewarded with heart health, stronger lungs, greater endurance, & powerful lower body growth that is easy on your knees & joints. Water bottles & towels are highly recommended. *The class is limited to first 16 paid registrants.*

FEE! \$50 students/members, \$75 community • Every Monday -or- Wednesday PM, Jan 16 - April 11; 6:45 - 7:30 p.m. -or- Wednesday AM, Jan 18 - Apr 11; 7:15 - 8 a.m.

Tai Chi

Through moving meditation increase balance, coordination, flexibility, and stamina. Grow stronger while reducing stress with this gentle ancient Chinese exercise.

FEE! \$50 students/members, \$75 community • Every Thursday, Jan 19 - Apr 12; 12noon - 12:45 p.m.

Toning **NEW**

Join us to sculpt your body with this core-focused workout. Leave feeling satisfied knowing you've improved your body composition, your self-image & your muscular endurance.

FEE! \$50 students/members, \$75 community • Every Tuesday, Jan 17 - Apr 10 -OR-

Thursday, Jan 19 - Apr 12; 11 - 11:45 a.m.

Zumba!® (noon or evening class available)

Kick up your dance moves with our Zumba!™ class party, a high-energy, dance-fitness workout that will leave you wanting more! Not only will you cavort to Latin rhythms, you'll move in ways you never knew possible.

FEE! \$50 students/members, \$75 community • Every Monday; Jan 16 - Apr 9; 12 noon - 12:45 p.m.

-OR- Wednesday, Jan 18 - Apr 11; 5:35 - 6:20 p.m.

Yoga Om Cooldown

These yoga poses immediately follow the Zumba® class on Wednesday evenings.

FEE! FREE with Wednesday PM Zumba® sign-up • Every Wednesday, Jan 18 - Apr 11; 6:20 - 6:35 p.m.