


DROP-IN FITNESS CLASSES - Free (Monday, January 4 - Saturday, May 1, 2010)

	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 ADR
11am - 12noon	Seniors & Friends Pool	Splash Bash Pool Jessica O.	Seniors & Friends Pool	Splash Bash Pool Jessica O.	Seniors & Friends Pool	
11am - 12noon				Functional Fitness Jon ADR		<p>No registration is required for drop-in sessions. FREE to UM-Flint students, members and day pass users!</p>  <p>CALL 810.762.3441 FOR MORE INFO!</p>
12:15 - 1pm	Ben & Friends LL Fitness Room	Step Kickboxing Jessica O. ADR	Ben & Friends LL Fitness Room	Step Kickboxing Jessica O. ADR	Ben & Friends LL Fitness Room	
12:15 - 1pm	Lunchtime Yoga Maria Room 11	Walking Off the Pounds Kay LL Fitness Room	Lunchtime Yoga Natala Room 11	Walking Off the Pounds Kay LL Fitness Room	Lunchtime Yoga Maria Room 11	
4 - 5pm	Ashtanga Yoga Jessica S. Room 11			Ashtanga Yoga Jessica S. Room 11		
4:30 - 5:30pm		Lower Body Blast Jessica O. ADR		Lower Body Blast Jessica O. ADR		
5:30 - 6:30pm	Aqua Fitness Dawn Pool		Aqua Fitness Dawn Pool			
5:30 - 6:30pm	Cardio Kickboxing Jessica O. LL Fitness Room	Straight Up Step Katherine ADR	Boot Camp Tina ADR	Straight Up Step Katherine ADR		
6 - 7pm				Low-Impact Gina LL Fitness Room		
6:30 - 7pm	Ab Lab Tina ADR	Ab Lab Katherine ADR	Ab Lab Tina ADR	Ab Lab Katherine ADR		



SPECIALTY FITNESS CLASSES - 12 weeks

Fee: \$50 student/member; \$75 community

Monday, January 11 - Friday, April 9, 2010

Note: NO specialty fitness classes held during week of Spring Break (March 1 - 7, 2010)!

*Iyengar Yoga will run 16 weeks, beginning Monday, January 11 through Wednesday, May 5, 2010
Fee: \$64 student/member; \$89 community

See other side for class description information.

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

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

	MON	TUE	WED	THUR	FRI
12 - 12:45pm					Resist-a-ball Diana/Jessica ADR
4:30 - 5:15pm		BOSU Core Strength Katherine LL Fitness Room		Treadmill Boot Camp Katherine Cardio Room	
5:30 - 6:15pm	Zumba™ Tina ADR		Hip Hop Emma LL Fitness Room		
6 - 7:30pm	*Iyengar Yoga Rachelle Room 11		*Iyengar Yoga Rachelle Room 11		
6:30 - 7:15pm			Spinning™ Marilyn LL Fitness Room		

WINTER HOURS

DAY
Monday-Thursday
Friday
Saturday
Sunday

GENERAL BUILDING
6am - 10pm
6am - 9pm
8am - 6pm
10am - 8pm

POOL
6 - 9am • 11am - 9pm
6 - 9am • 11am - 8pm
9am - 5pm
11am - 7pm

OFFICE
7:30am - 6:30pm
7:30am - 6:30pm
10am - 2pm
Closed

The RECREATION CENTER will be closed Sunday, April 4 (Easter). For more information call 810.762.3441. We are located west of the Farmer's Market near I-475. Take Longway Blvd. exit to southbound 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.





Recreation Center

www.FlintRec.com

Drop-In Fitness Classes

(January 4 - May 1, 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 & 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, & 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 cardio-vascular fitness, strength, and flexibility. Ideal for all fitness levels. No swimming is required.

Splash Bash **FREE!**

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

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 & balance while providing a wonderful relaxation experience to end your session.

Older Adult Fitness Classes

Ben & Friends

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

Seniors & Friends

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

Specialty Fitness Classes

(12 weeks - January 11 - April 9, 2010)

Fee-based!

BOSU Core Strength

Join us for a balanced workout with this unique training apparatus that incorporates both aerobic and core training. This class is for anyone looking for a challenging and rewarding exercise program.

\$50 students/members, \$70 community • Every Tue, Jan 12 - Apr 6, 2010

Hip Hop

Increase your dance-ability confidence with this up-beat fresh take on fitness. This high energy class will pump hip-hop sounds coupled with freestyle movements; guaranteed to provide a great cardio workout.

\$50 students/members, \$70 community • Every Wed, Jan 13 - Apr 7, 2010

*Iyengar Yoga (16 week class)

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.

\$64 students/members, \$89 community • Every Monday -OR- Wednesday, Jan 11 - May 5, 2010

Resist-a-ball **NEW!!!**

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

\$50 students/members, \$70 community • Every Fri, Jan 15 - Apr 9, 2010

Spinning™

This workout will lead you over hills and across flat terrain. It's a fun & 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.

\$50 students/members, \$70 community • Every Wed, Jan 13 - Apr 7, 2010

Treadmill Boot Camp **NEW!!!**

Challenging intervals using the treadmill's inclines with varying speeds. Class participants will use different body positions to utilize several major muscle groups while keeping the heart pumping. Easily adapted to any fitness level.

\$50 students/members, \$70 community • Every Thur, Jan 14 - Apr 8, 2010

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.

\$50 students/members, \$70 community • Every Mon, Jan 11 - Apr 5, 2010

Try our Fitness Classes at your Leisure!

M RECREATION CENTER
FLINT

\$50 members
\$75 non-members

Free

Fitness Class Punch Card
~good toward any drop-in -or- specialty class~
(subject to space availability)

Name _____

Present card with valid I.D. upon entry at the Recreation Center front counter.

Have you wanted to sign-up for a fitness class but your schedule will not allow for all 12 weeks? Or do you want to try a class or two to see what you prefer? The Fitness Class Punch Card may be for you. Stop by the UM-Flint Membership Office or call 810.762.3441 for more information.