U-FIT classes are limited to the first 16 participants upon arrival to class. Prior to participation, completion of a “Health Status Questionnaire” is required. Males over the age of 45 and females over the age of 55 must get medical clearance from a physician before they can participate. Participants (students and members) must maintain active membership to utilize U-FIT.

**FEE:** $49 students & members; MHealthy $10 discount for UM-Flint faculty and staff

### U-FIT CLASS Schedule

**Monday, May 2 – Friday, September 2, 2016**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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</thead>
<tbody>
<tr>
<td>9:30am</td>
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<tr>
<td>11:00am</td>
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<td></td>
<td></td>
<td>*Jessica O. WOD</td>
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<td>2:00pm</td>
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<td></td>
<td>Ervin WOD</td>
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<tr>
<td>5:30pm</td>
<td>Tina Body Mechanics</td>
<td>Jon WOD</td>
<td>Tina Body Mechanics</td>
<td>Jon WOD</td>
<td>*Chris WOD</td>
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</tbody>
</table>

*Note: Classes may be canceled due to low attendance. No Classes: May 29th & 30th, July 3rd & 4th*

**► U-FIT Workout Of the Day (WOD)** — The U-FIT Workout Of the Day (WOD) is a core strengthening and conditioning program that uses functional movements designed to prepare a person for life contingencies through extremely varied and challenging workouts. It improves cardiorespiratory endurance, stamina, flexibility, power, speed, coordination, agility, balance, and accuracy. Participants perform multiple, diverse, and randomized physical challenges that are always changing to keep participants motivated. Each day the workout will test a different part of functional strength and conditioning. U-FIT classes are designed to be universally modified, making it the perfect program for the committed individual regardless of experience. New participants start with “on boarding” WODs.

**► Body Mechanics** — A conditioning class that blends functional movements and TRX® bands. Implementing various types of circuit training with high intensity intervals giving you the ultimate challenge. Reduce stress and enhance your physical capabilities while improving body movement efficiency, strengthening your core, and creating balance & stability.

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**Unlimited U-FIT**

With the purchase of Unlimited U-FIT you can attend as many U-FIT classes as your schedule allows! Purchase access in the Rec Center Business Office or call for more information (810) 762-3441.

**Please Note:** you must maintain active membership status to utilize Unlimited U-FIT.

**FEE:** $49 students and members.

UM-Flint faculty and staff receive MHealthy $10 discount.

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The Official Training Center for the CrimFit Adult Training Program!