FREE DROP-IN FITNESS CLASSES
Wednesday, January 6 – Friday, April 29, 2016
No registration required for Drop-In classes. FREE to UM-Flint students, members, U●Fit participants, and Day Pass users.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td>10-11am</td>
<td>Seniors &amp; Friends</td>
<td>ADR</td>
<td>Seniors &amp; Friends</td>
<td>ADR</td>
</tr>
<tr>
<td>11am-noon</td>
<td>Seniors &amp; Friends</td>
<td>Pool</td>
<td>**Splash Bash</td>
<td>Gina</td>
</tr>
<tr>
<td>12:15-1pm</td>
<td>Ben &amp; Friends</td>
<td>LLFR</td>
<td>Walking Off Pounds</td>
<td>Activities</td>
</tr>
<tr>
<td>12:15-1pm</td>
<td>Lunchtime Yoga</td>
<td>Maria</td>
<td>Room 11</td>
<td>Power Yoga</td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>**Aqua Fitness</td>
<td>Gina</td>
<td>Pool</td>
<td>**Cardio Interval Step</td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>WERQ</td>
<td>Katie</td>
<td>ADR</td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>Power Yoga</td>
<td>Rose</td>
<td>LLFR</td>
<td>Power Yoga</td>
</tr>
<tr>
<td>6:30-7pm</td>
<td>Ab Lab</td>
<td>Katherine</td>
<td>ADR</td>
<td></td>
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<tr>
<td>6:30-7:30pm</td>
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<td></td>
<td></td>
<td>Zumba! Fitness Party</td>
</tr>
<tr>
<td>7-7:45pm</td>
<td>Spinning</td>
<td>Gina</td>
<td>LLFR</td>
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YOGA with JAMIE at NORTHBANK CENTER
Tuesday and Thursday 12:30-1:15pm
Carriage Room, South Building #235
FREE to REC MEMBERS

FIT FAIR at the REC CENTER
Thursday, January 14, 2016
Fitness Assessments & MORE!!!
FREE to STUDENTS & MEMBERS
Drop-In Class Descriptions:

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

Aquafit – An invigorating water workout. Ideal for all fitness levels. No swimming required.

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

BOSU Ab Lab – Strengthen your core muscles with this ab and core class that includes BOSU ball workouts.

Cardio/Strength Interval Step – With unique combinations of techniques, this class takes you through varying lengths of cardio and strength intervals using the step as well as upper & lower body strength moves to challenge any fitness level! Keep your muscles guessing and bring out a stronger, faster you! On Tuesdays the focus is cardio and Thursdays the focus is strength.

Lunchtime Yoga – Yoga can help you improve muscular strength, flexibility and balance while providing a wonderful relaxation experience.

Mindfulness through Meditation – Mindfulness involves around being in the here and now through moment-by-moment awareness. This class will provide an opportunity to practice formal mindfulness through structured meditation practice. Co-sponsored by the Crim Fitness Foundation.

Power Yoga - A perfect balance between strength and flexibility. These two basic energies bring connection to the mind, body and breath.

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

Spinning – An indoor cycling experience that is fun and challenging. You will be led over hills and across terrain and rewarded with healthier hearts, stronger lungs, greater endurance and a powerful lower body that is easy on your knees and joints. Water bottles and towels are highly recommended.

Splash Bash – A FREE 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.

Walking Off the Pounds – A great program that uses video instruction to lead you on a 2-mile, low-impact, fitness “walk” for 35-minutes.

WERQ – It’s a FUN, high intensity fitness dance workout using pop and hip hop music. Appropriate for ALL fitness levels and dance abilities.

Zumba! Fitness Party® – A dynamic dance fitness class that incorporates Latin and international music and dance movements, creating an exciting, exhilarating and effective workout. Designed for everyone, the cardio-based dance movements are easy to follow steps that target the entire body, and most importantly- the heart!

Zumba! Toning® - When it comes to body sculpting, Zumba! Toning® raises the bar. It combines targeted exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training, dance fitness-party. Learn how to use light weights to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba! Toning® is the perfect way to sculpt your body naturally while having a total blast.

NOTE: Classes may be cancelled due to low attendance.

** Health Alliances Plan (Splash Bash) and the Great Flint Health Coalition (Commit to Fit) have sponsored participation in these select classes. Participants interested in using other Rec Center facilities, programs and services may do so through membership or day pass purchase. Contact the Rec Center office for details. Thank you for your cooperation.

*** No class during Spring Break Week (March 4)

SPECIALTY FITNESS CLASSES

Monday, January 11 – Wednesday, April 20 (14 weeks)

Iyengar Yoga (14 weeks) Mon, Jan. 11 - Mon, April. 18 OR Wed, Jan. 13 - Wed, April. 20, 2016
No classes Spring Break Week (February 29-March 2, 2016)

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<tr>
<th>MON</th>
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<tbody>
<tr>
<td>6-7:30pm</td>
<td>Beginning Iyengar Yoga Rachelle Room 11</td>
<td>Advanced Iyengar Yoga Rachelle Room 11</td>
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NOTE: Classes may be cancelled due to low attendance.

NO REFUNDS after start of second class session.

Specialty Class Descriptions, Dates and Fees:

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 mediation.

FEE! $56 student/member; $77 community; Monday for beginners OR Wednesday for advanced students; (14 weeks)
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 at $99 semester or $30/month.

U•FIT CLASS Schedule  Wednesday, January 6 – Sunday, May 1, 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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<tbody>
<tr>
<td>6:30-8:00am</td>
<td>PUMP Tina</td>
<td>PUMP Tina</td>
<td>Jessica O. WOD</td>
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<tr>
<td>9:30am</td>
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<tr>
<td>11:00am</td>
<td>Jon WOD</td>
<td>Jon WOD</td>
<td>Jessica V. WOD “CrimFit ATP”</td>
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<tr>
<td>2:00pm</td>
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<td></td>
<td>Ervin WOD</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Tina Body Mechanics</td>
<td>Jon WOD</td>
<td>Tina Body Mechanics</td>
<td>Jon WOD“CrimFit ATP”</td>
<td>Chris WOD“CrimFit ATP”</td>
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<tr>
<td>6:30pm</td>
<td>Jon Natural Movement “CrimFit ATP”</td>
<td>Jon Natural Movement “CrimFit ATP”</td>
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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.

U•FIT 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 and stability.

U•FIT PUMP! – Start your day off with a challenging group training program! Sculpt your body with this split workout regimen. Combines strength training in the Weighbex Area and high-intensity cardio work in the U-Fit Room.

U•FIT NATURAL Movement – A natural movement class aimed at moving from one point to the next as quickly and efficiently as possible, using methods such as running, jumping, climbing, swinging and vaulting in any sort of environment!

UNLIMITED U•FIT
With the purchase of Unlimited U•FIT, you can attend as many U•IT classes as your schedule will allow! Purchase access in the Rec Center Business Office or call 810-762-3441 for more information. Please Note: you must maintain active membership status to utilize Unlimited U•FIT at the $99 rate or purchase $30/month.

FEE: $99 semester or $30/month (students and members)
UM-Flint faculty and staff receive a MHealthy $10 discount off $99 fee.

NEW U•Fit CLASS!
~NATURAL Movement~
Tuesday & Thursday, 6:30pm in U-Fit Room
January 7 ~ April 28, 2016
A natural movement class aimed at moving from one point to the next as quickly and efficiently as possible, using methods such as running, jumping, climbing, swinging and vaulting in any sort of environment!

CALL (810) 762-3441 • VISIT FlintRec.com
WINTER SEMESTER HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>General Building</th>
<th>Pool</th>
<th>Office</th>
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<tbody>
<tr>
<td>Monday-Thursday</td>
<td>6am-10pm</td>
<td>6-9am/11am-9pm</td>
<td>7:30am-6:30pm</td>
</tr>
<tr>
<td>Friday</td>
<td>6am-9pm</td>
<td>6-9am/11am-8pm</td>
<td>7:30am-6:30pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8am-6pm</td>
<td>9am-5pm</td>
<td>10am-2pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>10am-8pm</td>
<td>11am-7pm</td>
<td>Closed</td>
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The Recreation Center will be CLOSED Sunday, March 27 (Easter).

For more information, call 810-762-3441. Located at 401 Mill Street. General directions: located west of I-475, use Longway Boulevard (exit 8A), intersection of Chevez & Kearsley Streets, park in Mill Street deck.

The University of Michigan-Flint Recreation Center is a leader in health, fitness and recreational experiences for Flint and the surrounding communities. The Rec Center is open to the public through memberships, specialty fitness classes, day passes and rentals. Learn more at www.FlintRec.com.

The University of Michigan-Flint is a smoke-free campus!

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Aqua Fitness

An invigorating water workout!!!
Appropriate for all fitness levels.
No swimming ability required.

January 6 - April 29, 2016
M-W-Th 5:30-6:30pm

FREE access for UM-Flint Students & Rec Center Members

For more info stop into the membership office!
Call (810) 762-3441 or VISIT FlintRec.com

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Lunchtime & Power YOGA

~classes offered every weekday~

Enjoy a wonderful relaxation experience along with improved muscular strength, flexibility and balance!!!

January 6 - April 29, 2016
Lunchtime Yoga M-W-F 12:15-1:00pm
Power Yoga T-Th 12:15-1:00pm
M-W 5:30-6:30pm

FREE access for UM-Flint Students & Rec Center Members

For more info stop into the membership office!
Call (810) 762-3441 or VISIT FlintRec.com

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Try U•FIT FOR FREE!

Monday-Sunday, January 18-24, 2016

A core strengthening and conditioning program that uses functional movements to optimize physical competence for challenging tasks! The workout changes daily. Classes are designed for the committed individual, regardless of experience.

Winter Student Event
Valid for provided dates only and cannot be redeemed for monetary value.

CALL (810) 762-3441 • VISIT FlintRec.com

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U•FIT TERMS 101

Kipping Pullups  Ring Dips  MUSCLE UPS
Sumo Deadlifting  Bar Bell Pumping
MEDICINE WALL BALLS  Hand-stand Push-ups  Air Squats
TRX Bonding  Hang  Power  Snatch  TABATAS
Kettle Bell Swinging  Box Jumps
JUMP ROPE COUNTING  Bear Crawling  toe2bars
Tractor Tire Flipping  RING DIPS  Ball Slamming
double unders  Burpees