



For more information, call 810-762-3441  
www.FlintRec.com

**DROP-IN FITNESS CLASSES**

Tuesday, September 5 – Friday, December 15, 2017

No classes Thanksgiving Recess (November 23-26, 2017)

No registration required for Drop-In classes. **FREE** to UM-Flint students, members and day pass users.

	MON	TUE	WED	THUR	FRI	SAT
10-11am	*Seniors & Friends ADR		*Seniors & Friends ADR		*Seniors & Friends ADR	
11am-noon	*Seniors & Friends Pool	+Splash Bash Doug  Pool	*Seniors & Friends Pool	+Splash Bash Jamie  Pool	*Seniors & Friends Pool	Yoga Tiffany Room 11
noon-1pm	*Ben & Friends LLFR	*Walking Off Pounds Activities	*Ben & Friends LLFR	*Walking Off Pounds Activities	*Ben & Friends LLFR	
12:15-1pm	Lunchtime Yoga Maria Room 11	Power Yoga Rose LLFR	Lunchtime Yoga Maria Room 11	Power Yoga Rose LLFR	Lunchtime Yoga Maria Room 11	
5:30-6:30pm	+Aqua Fitness Jamie Pool ~Commit to Fit~	Cardio Interval Step Katherine ADR	Aqua Fitness Jamie Pool	Strength Interval Step Katherine ADR	^STRONG! by Zumba® Mary ADR	
5:30-6:30pm	WERQ™ Kara ADR			PIYO Melanie LLFR		LLFR= Lower Level Fitness Room
5:30-6:30pm	Power Yoga Rose LLFR		Power Yoga Rose LLFR			ADR= Aerobic Dance Room
6:30-7pm		Core Training Katherine ADR		Core Training Katherine ADR		
7-7:45pm			Spinning® Kenyatta LLFR			
						The Official Training Center for the CrimFit Adult Training Program.

**NOTE: Classes may be cancelled due to low attendance.**

**-Contact Jessica Viertlboeck, Assistant Director for Fitness, for 'women's only' usage of the ADR.**

\* Peer Led class

+ Health Alliances Plan (**Splash Bash**) and the Greater 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.

^ Class starts Friday, September 15

**Rec Center Hours**

Monday-Thursday  
Friday  
Saturday  
Sunday

**Building**

6am-10pm  
6am-9pm  
8am-5pm  
11-7pm

**Pool**

6-9am/11am-9pm  
6-9am/11am-8pm  
9am-4pm  
12-6pm

**Office**

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

# SPECIALTY FITNESS CLASSES

Monday, September 11 – Wednesday, December 13 (13 weeks)

**Iyengar Yoga** (13 weeks) Mon, Sept. 11- Mon, Dec. 11 OR Wed, Sept. 14 - Wed, Dec. 13, 2017

No classes Thanksgiving Week (November 20 & 22, 2017)

	MON	TUE	WED	THUR	FRI
6-7:30pm	Beginning Iyengar Yoga Rachelle Room 11		Continuing Iyengar Yoga Rachelle Room 11		MHealthy \$10 discount for UM-Flint faculty and staff

**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! \$52 student/member; \$72 community; Monday for beginners OR Wednesday for continuing students; (13 weeks)**

## UNLIMITED U•FIT

**UNLIMITED U•FIT** is a core strengthening & conditioning program that uses functional movements to optimize physical competence for challenging tasks! Workouts change daily. Designed to be universally modified, making this perfect for the committed individual, regardless of experience. Led by certified coaches. The class participation number is open to the first 16 participants that arrive. Prior to participation, completion of a “Health Status Questionnaire” is required. Those who are over the age of 55 must get medical clearance from a physician before they can participate. Students and/or members must maintain active membership to utilize U•FIT. Purchase access in the Rec Center Business Office or call (810) 762-3441 for more information.

**FEE for students and members: \$49 semester; OR \$15 per month; MHealthy \$10 discount per semester is available for UM-Flint faculty and staff. Perpetual payment option is also available.**

## UNLIMITED U•FIT CLASS Schedule

Tuesday, September 5, 2017 – Tuesday, January 2, 2018

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9:30am						Jessica O. WOD	
11:00am		Jon WOD		Jon WOD			
2:00pm							Ervin WOD
5:30pm	Tina Circuit Training	Jessica O. WOD	Chris WOD	Doug WOD	Jess V. WOD		

**Circuit Training** – 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.

**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. New participants start with “on boarding” WODs.

**FREE U-FIT WEEK!!! September 11-17<sup>th</sup> try ANY or ALL of our U-Fit Classes for FREE!**