



# RECREATION CENTER

## Fitness Class Schedule Spring/Summer 2017

For more information and descriptions of classes, call 810-762-3441, or visit our website: [www.FlintRec.com](http://www.FlintRec.com)



### DROP-IN FITNESS CLASSES

Monday, May 1 – Saturday, August 26, 2017

\*Spring Semester Only: Classes End Friday, June 23<sup>rd</sup>, 2017

Rec Center Closed: May 28<sup>th</sup>, May 29<sup>th</sup> and July 4<sup>th</sup>

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

	MON	TUE	WED	THUR	FRI	SAT
10:00-11am	Seniors & Friends Peer Led ADR		Seniors & Friends Peer Led ADR		Seniors & Friends Peer Led ADR	
11am-noon	Seniors & Friends Peer Led Pool	Splash Bash Jamie Pool <b>OPEN</b>	Seniors & Friends Peer Led Pool	Splash Bash Jamie Pool <b>OPEN</b>	Seniors & Friends Peer Led Pool	Yoga Tiffany P. Room 11
12:15-1pm	Ben & Friends Peer Led LLFR		Ben & Friends Peer Led LLFR		Ben & Friends Peer Led 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	Power Yoga Rose LLFR	*Cardio Interval Step Katherine ADR	Power Yoga Rose LLFR	*Strength Interval Step Katherine ADR	Zumba® Mary ADR <b>OPEN</b> ~Commit to Fit~	
5:30-6:30pm	*WERQ™ Kara ADR		*Power Step Tina ADR			
5:30-6:30pm	Aqua Fitness Jamie <b>OPEN</b> Pool ~Commit to Fit~		Aqua Fitness Jamie Pool			
6:30-7pm		*Core Training Katherine ADR		*Core Training Katherine ADR		LLFR = Lower Level Fitness Room
7-7:45pm			*Spinning® Kenyatta LLFR			ADR = Aerobic Dance Room
						The Official Training Center for the CrimFit Adult Training Program

#### REC Center Hours:

Monday-Thursday  
Friday  
Saturday  
Sunday

#### Building

6am-9pm  
6am-8pm  
9am-2pm  
11am-4pm

#### Pool

6am-9am/11am-8pm  
6am-9am/11am-7pm  
9am-1pm  
11am-3pm

For women's only usage of the ADR, contact Jessica Viertlboeck, Assistant Director for Fitness.

**OPEN**= 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 or services may do so through membership or day pass purchase. Contact the Rec Center office for details. Please bring your own towel and lock.

## SPECIALTY FITNESS CLASSES

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

**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** – Spring and Summer Sessions:

**SPRING** Session, 7 weeks: Monday, May 1, 2017-Monday, June 19, 2017 OR Wednesday, May 3, 2017-Wednesday, June 21, 2017.

**SUMMER** Session, 7 weeks: Monday, June 26, 2017-Monday, August 14, 2017 OR Wednesday, June 28, 2017-Wednesday, August 16, 2017.

No classes May 29<sup>th</sup>, May 31<sup>st</sup>, July 3<sup>rd</sup> or July 5<sup>th</sup>.

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.

FEE Per Session: \$28 student/member' \$39 community. Both sessions: \$56 student/member, \$77 community

## 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. Class participation is open to the first 16 participants that arrive. Prior to participation, completion of a "Health Screening Questionnaire" is required and clearance from a physician may be necessary. 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 info.

**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.**

\*Classes end Saturday, June 24<sup>th</sup>, 2017

## UNLIMITED U•FIT CLASS Schedule

Monday, May 1, 2017 – Sunday, September 3, 2017

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	Tim 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.