



RECREATION CENTER

Fitness Class Schedule WINTER 2017

DROP-IN FITNESS CLASSES

Wednesday, January 4 – Friday, April 28, 2017

For more information and descriptions of classes, call 810-762-3441, or visit our website: www.FlintRec.com

Rec Center Closed: January 1st, 2nd and April 16th

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 Rose Pool	Seniors & Friends Peer Led Pool	Splash Bash Jamie Pool	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	Aqua Fitness Gina Pool ~Commit to Fit~	Cardio Interval Step Katherine ADR	Aqua Fitness Jamie Pool	Cardio Interval Step Katherine ADR	Zumba® Mary ADR ~Commit to Fit~	
5:30-6:30pm	WERQ™ Kara ADR	Fitness Walking Tammie Track ~Commit to Fit~	Power Step Tina ADR			
5:30-6:30pm	Power Yoga Rose LLFR		Power Yoga Rose LLFR			
6:30-7pm		Ab Lab Katherine ADR		BOSU Ab Lab Katherine ADR		LLFR = Lower Level Fitness Room
6:30-7:30pm			Strong by Zumba® Mary ADR			
7-7:45pm	Spinning® Gina LLFR		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-10pm
6am-9pm
8am-5pm
11am-7pm

Pool

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

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.

For 'women's only' access to the ADR, please contact Jessica Viertlboeck, Assistant Director for Fitness.

SPECIALTY FITNESS CLASSES

MON		TUE		WED		THUR		FRI	
6-7:30pm	Beginning Iyengar Yoga <i>Rachelle</i> Room 11			Continuing Iyengar Yoga <i>Rachelle</i> Room 11				MHealthy \$10 discount for UM-Flint faculty and staff	
6:45-7:30pm						Mindfulness for Stress Management Theresa/Jamie Room 11			

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 – (14 weeks) Monday, January, 16-Monday, April 24 OR Wednesday, January, 18-Wednesday, April 26, 2017.

No class Spring Break Week: February 27th-March 5th

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: \$56 student/member; \$77 community; Monday for beginners OR Wednesday for continuing students

Mindfulness for Stress Management – (7 sessions) Thursdays, January 26-March 16, 2017. No class Spring Break week- March 2nd.

This class will provide an opportunity to learn about and practice mindfulness to help manage stress.

FREE to students, members and day pass users. \$28 for 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.

UNLIMITED U•FIT CLASS Schedule

Wednesday, January 4, 2017 – Sunday, April 30, 2017

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9:30am						Jessica O. WOD	
11:00am		Jon WOD		Jon WOD			
2:00pm							Ervin WOD
4:45pm			Chris/Jess Open Gym				
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.

Open Gym – During this designated time, class participants can work on Olympic lifts, improve their form or technique, or try new WOD’s while under the instruction of a certified U-Fit coach.