



**UM-Flint Rec Center
Holiday Fitness Class Schedule
Monday, December 17th, 2018–
Sunday, January 6th, 2019**

12/17/18, Monday, 6am-10pm

Senior & Friends-Peer Led, 10-11am, ADR
Senior & Friends-Peer Led, 11am-noon, Pool
Ben & Friends-Peer Led, 12:15-1pm, LLFR
Lunchtime Yoga-Maria, 12:15-1pm, Room 11
Circuit Training-Tina, 5:30-6:30pm, U-Fit Room
Aqua Fitness -Jamie, 5:30pm-6:30pm, Pool
Power Yoga-Rose, 5:30-6:30pm, LLFR
WERQ- Kara, 5:30-6:30pm, ADR
Spinning- Kenyatta, 7-7:45pm, LLFR

12/18/18, Tuesday, 6am-10pm

Splash Bash-Jamie, 11am-noon, Pool
U-Fit WOD- Jon, 11am-noon, U-Fit Room
Power Yoga-Rose, 12:15am-1pm, LLFR
U-Fit WOD- Jon, 5:30-6:30pm, U-Fit Room
Cardio Interval Step-Katherine, 5:30-6:30pm, ADR
Core Training-Katherine, 6:30-7pm, ADR

12/19/18, Wednesday, 6am-10pm

Senior & Friends-Peer Led, 10-11am, ADR
Senior & Friends-Peer Led, 11am-noon, Pool
Ben & Friends-Peer Led, 12:15-1pm, LLFR
Lunchtime Yoga-Maria, 12:15-1pm, Room 11
Power Yoga-Rose, 5:30-6:30pm, LLFR
Circuit Training- Tina, 5:30-6:30pm, U-Fit Room
Aqua Fitness- Isabella, 5:30-6:30pm, Pool
Spinning-Kenyatta, 7-7:45pm, LLFR

12/20/18, Thursday, 6am-10pm

Splash Bash-Jamie, 11am-noon, Pool
U-Fit WOD-Jon, 11am-noon, U-Fit Room
Power Yoga-Rose, 12:15-1pm, LLFR
U-Fit WOD- Chris, 5:30pm-6:30pm, U-Fit Room
Cardio Interval Step-Katherine, 5:30-6:30pm, ADR
PIYO – Melanie, 5:30pm-6:30pm, LLFR
Core Training-Katherine, 6:30-7pm, ADR

12/21/18, Friday, 6am-9pm

Lunchtime Yoga-Maria, 12:15-1pm, Room 11
U-Fit WOD-Jess, 5:30-6:30pm, U-Fit Room

12/22/18, Saturday, 8am-5pm

U-Fit WOD-Mary, 9-10am, U-Fit Room
Yoga Flow- Anne, 11am-noon

12/24/18, Monday, 6am-4pm

Senior & Friends-Peer Led, 10-11am, ADR
Senior & Friends-Peer Led, 11am-noon, Pool
Ben & Friends-Peer Led, 12:15-1pm, LLFR
Lunchtime Yoga-Maria, 12:15-1pm, Room 11

12/25/18, Tuesday
CLOSED

12/26/18, Wednesday, 10am-8pm

Senior & Friends-Peer Led, 10-11am, ADR
Senior & Friends-Peer Led, 11am-noon, Pool
Ben & Friends-Peer Led, 12:15-1pm, LLFR
Lunchtime Yoga- Maria, 12:15-1pm, Room 11
Power Yoga-Rose, 5:30-6:30pm, LLFR
Circuit Training- Tina, 5:30-6:30pm, U-Fit Room
Aqua Fitness- Isabella, 5:30-6:30pm, Pool
Spinning-Kenyatta, 7-7:45pm, LLFR

12/27/18, Thursday

CLOSED

12/28/18, Friday, 10am-8pm

Lunchtime Yoga-Maria, 12:15-1pm, Room 11

12/29/18, Saturday, 8am-5pm

U-Fit WOD- Mary, 9-10am

12/31/18, Monday, 8am-4pm

Senior & Friends-Peer Led, 10-11am, ADR
Senior & Friends-Peer Led, 11am-noon, Pool
Ben & Friends-Peer Led, 12:15-1pm, LLFR
Lunchtime Yoga- Maria, 12:15-1pm, Room 11

1/1/19, Tuesday

CLOSED

1/2/19, Wednesday, 6am-10pm

Senior & Friends-Peer Led, 10-11am, ADR
Senior & Friends-Peer Led, 11am-noon, Pool
Ben & Friends-Peer Led, 12:15-1pm, LLFR
Lunchtime Yoga-Maria, 12:15-1pm, Room 11
Power Yoga-Rose, 5:30-6:30pm, LLFR
Circuit Training- Tina, 5:30-6:30pm, U-Fit Room
Spinning-Kenyatta, 7-7:45pm, LLFR

1/3/19, Thursday, 6am-10pm

Splash Bash-Jamie, 11am-noon, Pool
U-Fit WOD- Jon, 11am-noon, U-Fit Room
Power Yoga- Rose, 12:15-1pm, LLFR
U-Fit WOD- Chris, 5:30-6:30pm, U-Fit Room
Cardio Interval Step- Katherine, 5:30-6:30pm, ADR
PIYO- Melanie, 5:30-6:30pm, LLFR
Core Training- Katherine, 6:30-7:30pm, ADR

1/4/19, Friday, 10am-8pm

Lunchtime Yoga-Maria, 12:15-1pm, Room 11
U-Fit WOD-Jess, 5:30-6:30pm, U-Fit Room

1/5/19, Saturday, 8am-5pm

U-Fit WOD- Mary, 9-10am, U-Fit Room
Yoga Flow- Anne, 11am-noon