



RECREATION CENTER

Fitness Class Schedule - Spring/Summer 2018

For more information and descriptions of classes,
CALL 810-762-3441 | VISIT FlintRec.com

DROP-IN FITNESS CLASSES

Tuesday, May 1 – Saturday, August 25, 2018

*Spring Semester ONLY: Classes END Friday, June 22, 2018

Rec Center Closed:

May 27 and 28 and July 4, 2018

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 ADR		Seniors & Friends Peer Led ADR		Seniors & Friends ADR	
11am-noon	Seniors & Friends Pool	Splash Bash Jamie OPEN Pool	Seniors & Friends Pool	Splash Bash Jamie OPEN Pool	Seniors & Friends Pool	Yoga Flow Heather Room 11
12:15-1pm	Ben & Friends LLFR		Ben & Friends LLFR		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 OPEN Pool ~Commit to Fit~	*Cardio Interval Step Katherine ADR	*Aqua Fitness Donita Pool	*Strength Interval Step Katherine ADR		
5:30-6:30pm	*WERQ™ Kara ADR		*Zumba® Mary ADR	*PIYO Melanie LLFR		
5:30-6:30pm	Power Yoga Rose LLFR		Power Yoga Rose LLFR			
6:30-7pm		*Core Training Katherine ADR		*Core Training Katherine ADR		LLFR = Lower Level Fitness Room
7-7:45pm	*Spinning® Isabella LLFR		*Spinning® Isabella 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

OFFICE

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

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

OPEN = Health Alliances Plan, the National
Kidney Foundation (**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	Beginning Iyengar Yoga Rachelle Room 11	Continuing Iyengar Yoga Rachelle Room 11		MHEALTHY \$10 discount for UM-Flint faculty/staff

NOTE: Classes may be cancelled due to low attendance. **NO REFUNDS** after start of second class session.

SPECIALTY CLASS DESCRIPTION, DATES AND FEES:

Iyengar Yoga (Spring and Summer Sessions):

SPRING Session | 7 weeks—Monday, May 7, 2018-Monday, June 25, 2018 OR Wednesday, May 9, 2018-Wednesday, June 20, 2018

SUMMER Session | 7 weeks—Monday, July 2, 2018-Monday, August 13, 2018 OR Wednesday, July 11, 2018-Wednesday, August 22, 2018

No classes May 28 or July 4

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

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.

***Classes END: Saturday, June 23, 2018**

UNLIMITED U•FIT CLASS Schedule

Tuesday, May 1, 2018 – Friday, August 31, 2018

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



**M
FLINT**
RECREATION
CENTER

WEEK 1: June 18-21
WEEK 2: June 25-28

Co-ed ages 7-14
 Monday-Thursday > 8:30 A.M.-12 NOON

\$40/week (\$35/week per sibling)

CAMPERS WILL LEARN:

- basic court strategies • proven basketball principles
- building blocks of the game • skills & refinement
- court knowledge & awareness

AND will have plenty of fun along the way!

> Requests for scholarship consideration may be emailed to leavy@umflint.edu <



2018
 Youth
BASKETBALL
 CAMP
 UNIVERSITY OF MICHIGAN-FLINT

SPECTATORS ARE WELCOME!

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