



**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<br>ADR  |  | Seniors & Friends<br>Peer Led<br>ADR |  | Seniors & Friends<br>ADR  |   |
| 11am-noon   | Seniors & Friends<br>Pool   | Splash Bash<br>Jamie <b>OPEN</b><br>Pool     | Seniors & Friends<br>Pool            | Splash Bash<br>Jamie <b>OPEN</b><br>Pool       | Seniors & Friends<br>Pool   | Yoga Flow<br>Heather<br>Room 11   |
| 12:15-1pm   | Ben & Friends<br>LLFR   |  | Ben & Friends<br>LLFR                |  | Ben & Friends<br>LLFR   |   |
| 12:15-1pm   | Lunchtime Yoga<br>Maria<br>Room 11  | Power Yoga<br>Rose<br>LLFR                   | Lunchtime Yoga<br>Maria<br>Room 11   | Power Yoga<br>Rose<br>LLFR                     | Lunchtime Yoga<br>Maria<br>Room 11  |   |
| 5:30-6:30pm | Aqua Fitness<br>Jamie<br><b>OPEN</b> Pool<br>~Commit to Fit~                        | *Cardio Interval<br>Step<br>Katherine<br>ADR | *Aqua Fitness<br>Donita<br>Pool      | *Strength Interval<br>Step<br>Katherine<br>ADR |   |   |
| 5:30-6:30pm | *WERQ™<br>Kara<br>ADR   |  | *Zumba®<br>Mary<br>ADR               | *PIYO<br>Melanie<br>LLFR                       |   |   |
| 5:30-6:30pm | Power Yoga<br>Rose<br>LLFR  |  | Power Yoga<br>Rose<br>LLFR           |  |   |   |
| 6:30-7pm    |   | *Core Training<br>Katherine<br>ADR           |                                      | *Core Training<br>Katherine<br>ADR             |   | LLFR = Lower<br>Level Fitness<br>Room   |
| 7-7:45pm    | *Spinning®<br>Isabella<br>LLFR  |  | *Spinning®<br>Isabella<br>LLFR       |  |   | ADR = Aerobic<br>Dance Room   |
|             |  |  |                                      |  |  | The Official<br>Training Center<br>for the CrimFit<br>Adult Training<br>Program |

**REC CENTER HOURS**

**BUILDING**

**POOL**

**OFFICE**

|                 |          |                  |            |
|-----------------|----------|------------------|------------|
| Monday-Thursday | 6am-9pm  | 6am-9am/11am-8pm | 7:30am-6pm |
| Friday          | 6am-8pm  | 6am-9am/11am-7pm | 7:30am-6pm |
| Saturday        | 9am-2pm  | 9am-1pm          | 10am-2pm   |
| Sunday          | 11am-4pm | 11am-3pm         | 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 | <b>Beginning Iyengar Yoga</b><br>Rachelle<br>Room 11 | <b>Continuing Iyengar Yoga</b><br>Rachelle<br>Room 11 |      | <b>MHEALTHY</b><br>\$10 discount for<br>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<br>WOD        |                          | Jon<br>WOD   |                |              |
| 2:00pm  |                          |                   |                          |              |                | Ervin<br>WOD |
| 5:30pm  | Tina<br>Circuit Training | Jessica O.<br>WOD | Tina<br>Circuit Training | Chris<br>WOD | Jess V.<br>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!

Sponsored by UM-Flint Public Health & Health Sciences

Our Media Partner



**QUESTIONS? CALL (810) 762-3441 | VISIT FlintRec.com**