



RECREATION CENTER




Fitness Class Schedule-Summer 2018

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

DROP-IN FITNESS CLASSES—

Monday, June 25 – Saturday, August 25, 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~		Aqua Fitness Staff Pool			LLFR = Lower Level Fitness Room
5:30-6:30pm	Power Yoga Rose LLFR		Power Yoga Rose LLFR			ADR = Aerobic Dance Room
						The Official Training Center for the CrimFit Adult Training Program

Rec Center Closed: July 4, 2018

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.

UNLIMITED U•FIT CLASS Schedule—

Tuesday, May 1, 2018 – Friday, August 31, 2018 • **FREE to UM-Flint students, members and day pass users!**

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	

UNLIMITED U•FIT

This 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.

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.

SPECIALTY FITNESS—

	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 FEE:

Iyengar Yoga

SUMMER Session | 7 weeks—Monday, July 2, 2018-Monday, August 13, 2018 OR Wednesday, July 11, 2018-Wednesday, August 22, 2018
> No class on 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 meditation.

FEE: \$28 student/member' \$39 community.