



RECREATION CENTER

Fitness Class Schedule WINTER 2018

DROP-IN FITNESS CLASSES

Wednesday, January 3 – Monday, April 30, 2018

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

Rec Center Closed: January 1st and April 1st

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 ADR		*Seniors & Friends ADR	
11am-noon	*Seniors & Friends Pool	+Splash Bash Staff Pool	*Seniors & Friends Pool	+Splash Bash Jamie Pool	*Seniors & Friends Pool	Yoga Staff Room 11
noon-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 Pool ~Commit to Fit~	Cardio Interval Step Katherine ADR	Aqua Fitness Jamie 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
6:30-7:30pm						
7-7:45pm	Spinning® Kenyatta 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-8pm
9am-4pm
11am-6pm

OPEN= HAP/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.

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

FREE 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.

U•FIT CLASS Schedule Wednesday, January 3, 2018 – Monday, April 30, 2018

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9:30am						Jessica O. WOD	
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.

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 and staff.

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, 15-Monday, April 23 OR Wednesday, January, 17-Wednesday, April 25, 2018.

No class Spring Break Week: February 26th-March 4th

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: \$52 student/member; \$72 community; Monday for beginners OR Wednesday for continuing students.

“Ask the NURSE” and “Ask the NUTRITION SPECIALIST”

FREE Assistance to UM-Flint Students, Faculty and Staff!!!

Ask the Nurse: information about illness prevention and treatment, STD’s, birth control, family planning, chronic pain, injuries, etc. Dates available: *1/25, 2/21, 3/21 from 1-4pm.

*located at the Health and Fit Fair on Rec Center Gym Floor

Ask the Nutrition Specialist: information about reading nutrition labels, healthy snacks on the go, macro nutrients, healthy weight loss and weight gain and weight management.

Dates available: 1/24, 1/31, 2/7, 2/14, 3/7, 3/14, 3/28 and 4/4 from 1-4pm.

Office Location- Women’s Educational Center (WEC), 213 University Center
No appointment necessary/ Walk-ins welcome!