



RECREATION CENTER

Fitness Class Schedule - Fall 2019

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

FITNESS CLASSES

Tuesday, September 3 – Saturday, December 21, 2019

Rec Center Closed: November 28 and December 25.

All classes are FREE to UM-Flint students, members and day pass users (except for Iyengar Yoga).

	MON	TUE	WED	THUR	FRI	SAT
9-10am						U-Fit WOD Mary U-Fit Room
10:00-11am	Seniors & Friends ADR		Seniors & Friends ADR		Seniors & Friends ADR	
11am-noon	Seniors & Friends Pool	Splash Fit Jamie Pool ~OPEN~	Seniors & Friends Pool	Splash Fit Jamie Pool ~OPEN~	Seniors & Friends Pool	Yoga Flow Anne Room 11 ~OPEN~
11am-noon		U-Fit WOD Jon U-Fit Room		U-Fit WOD Jon U-Fit Room		
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	
5:30-6pm		HIIT Shred in 30 Katherine ADR		HIIT Shred in 30 Katherine ADR		
5:30-6:30pm	Aqua Fitness Jamie Pool ~OPEN~	U-Fit WOD Jon U-Fit Room	U-Fit WOD Chris U-Fit Room	PIYO™ Melanie LLFR	U-Fit WOD Jess U-Fit Room	
5:30-6:30pm	Power Yoga Rose LLFR		Power Yoga Rose LLFR			
6:15-7pm		Meditation Class LLFR				
6-7:30pm	Beginning Iyengar Yoga \$\$ Rachelle Room 11		Continuing Iyengar Yoga \$\$ Rachelle Room 11			
6-6:30pm		Tone & Chisel Katherine ADR		Tone & Chisel Katherine ADR		
6:30-7pm		Core Training Katherine ADR		Core Training Katherine ADR		
7-7:45pm	Spinning® Kenyatta LLFR		Spinning® Kenyatta LLFR			ADR = Aerobic Dance Room
7:15-8:15pm		WERQ™ Kara ADR				LLFR = Lower Level Fitness Room
		~OPEN~ Free Access!	Classes may be cancelled due to low participation.	For women's only usage of the ADR, contact Jessica Viertlboeck, Assistant Director for Health and Fitness.		The Official Training Center for the CrimFit Adult Training Program

CLASS DESCRIPTIONS

Aqua Fitness:

Aqua Fitness is an invigorating water workout. Ideal for all fitness levels. No swimming required.

Ben & Friends:

A 'peer led' class that focuses on light strength training and flexibility in a fun environment!

Core Training:

Strengthen your core muscles in this intense ab workout. You'll be stronger for taking on the challenge!

HIIT Shred in 30:

Push yourself to the max for short bursts then recover and repeat to torch calories, burn fat and amp up your metabolism during and AFTER your workout! Modified to any fitness level, these intense bursts of work using HIIT training can help you get shredded in just 30 minutes!

Iyengar Yoga:

Registration required to attend this class! Develop strength, stamina and balance in this specialized class. Use of props help students enjoy the benefits of body alignment, concentration and meditation.

\$\$ FEE: \$52 student/member \$72 community- 13 weeks. Monday September 9th -December 9th for beginning students or Wednesday, September 11-December 11th for continuing students. No class Thanksgiving Week (November 25 & 27).

Lunchtime Yoga:

Lunchtime yoga will help you incorporate a moment of stillness and silence into the middle of your busy day. LTY is a healthy balance of breath and meditation with strength, stretching balancing poses.

Meditation Class:

Each week, experience a different form of meditation including breathing techniques, systematic muscle relaxation, positive imagery, autogenic, tai chi, sound meditation, sight meditation, and more. In addition, learn about the related brain research and the benefits of mindfulness as part of a healthy lifestyle. Provided by the UM-Flint Meditation Student Organization.

PIYO:

A low-impact conditioning class, 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.

Power Yoga:

A perfect balance between strength and flexibility. These two basic energies bring connection to the mind, body and breath.

Seniors & Friends:

A 'peer led' class that focuses on light strength training, cardiorespiratory endurance and pool workouts. Open to all fitness levels.

Spinning:

An indoor cycling experience that is fun and challenging. You will be led over hills and across terrain and rewarded with healthier hearts, stronger lungs, greater endurance and a powerful lower body that is easy on your knees and joints. Water bottles and towels are highly recommended. This class is limited to the first 14 participants.

Splash Fit:

A complete water exercise program designed to tone the body, strengthen the muscles and condition the heart and lungs. Join us in a fun, safe and welcoming environment! Adults of all fitness levels are welcome.

Tone and Chisel:

Pick up some weights to add fat-blasting, body-shaping muscle to your physique! By mixing up the training styles, including circuits, intervals, supersets, isometrics and so much more, we constantly challenge every muscle group to help tone and chisel your body!

U-Fit WOD:

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' WOD's and the class is limited to the first 16 participants.

WERQ:

It's a FUN, high intensity fitness dance workout using pop and hip-hop music. Appropriate for ALL fitness levels and dance abilities.

Yoga Flow:

Learn yoga at a comfortable pace. Connect your mind's attention to your body's fluidity and movement -- promote strength, flexibility, coordination, agility, stamina and an overall experience of well-being.

~OPEN~ (Splash Fit, Aqua Fitness & Yoga Flow) 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.

REC CENTER HOURS

Monday-Thursday
Friday
Saturday
Sunday

BUILDING

6am-10pm
6am-9pm
8am-5pm
11am-7pm

POOL

6am-9am/11am-8pm
6am-9am/11am-7pm
9am-3pm
11am-5pm

OFFICE

8am-6pm
7am-6pm
10am-2pm
Closed