



RECREATION CENTER

Fitness Class Schedule- Winter 2019

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

DROP-IN FITNESS CLASSES

Monday, January 7 – Sunday, April 28, 2019

Rec Center is closed on January 1st and April 21st

No registration required for Drop-In classes >>> **FREE** to UM-Flint students, members and day pass users.

| | MON | TUE | WED | THUR | FRI | SAT |
|-------------|---|---|---|---|---|---|
| 10-11am | *Seniors & Friends ADR | | *Seniors & Friends ADR | | *Seniors & Friends ADR | |
| 11am-noon | *Seniors & Friends Pool | +Splash Bash Jamie Pool ~HAP~ OPEN | *Seniors & Friends Pool | +Splash Bash Jamie Pool ~HAP~ OPEN | *Seniors & Friends Pool | +Yoga Flow Anne Room 11 ~Commit to Fit~ OPEN |
| 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~ OPEN | | | PIYO™ Melanie LLFR | | |
| 5:30-6pm | | HIIT Shred in 30 Katherine ADR | | HIIT Shred in 30 Katherine ADR | | |
| 6-6:30pm | | Tone & Chisel Katherine ADR | | Tone & Chisel Katherine ADR | | LLFR= Lower Level Fitness Room |
| 5:30-6:30pm | Power Yoga Rose LLFR | | Power Yoga Rose LLFR | | | ADR= Aerobic Dance Room |
| 6:30-7pm | | Core Training Katherine ADR | | Core Training Katherine ADR | | |
| 6:30-7:30pm | WERQ™ Kara ADR | | | | | |
| 7-7:45pm | Spinning® Kenyatta LLFR | | Spinning® Jamie LLFR | | | |
| |  | |  | |  | The Official Training Center for the CrimFit Adult Training Program |

NOTE: Classes may be cancelled due to low attendance.

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

OPEN CLASSES

+ Health Alliances Plan (**Splash Bash**) and the Greater Flint Health Coalition (**Commit to Fit**) have sponsored, so participation is free in these select classes. Please bring your own towel and lock. Participants interested in using other Rec Center facilities, programs and services may do so through membership or day pass purchase. Contact the Rec Center office for details. Thank you for your cooperation.

* Peer Led Class

U•FIT

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. The class participation number is **open to the first 16 participants** that arrive.

U•FIT CLASS Schedule Monday, January 7, 2019 – Sunday, April 28, 2019

| TIME | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------|--------------------------|------------|--------------------------|--------------|-------------|-------------|--------------|
| 9:00am | | | | | | Mary WOD | |
| 11:00am | | Jon WOD | | Jon WOD | | | |
| 2:00pm | | | | | | | Ervin WOD |
| 5:30pm | Tina Circuit Training | Jon WOD | Tina Circuit Training | Chris WOD | Jess WOD | | |

U•FIT is FREE to UM-Flint students, members and day pass users.

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.

REC CENTER HOURS

Monday-Thursday
Friday
Saturday
Sunday

BUILDING

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

POOL

6-9am/11am-9pm
6-9am/11am-8pm
9am-4pm
12-6pm

OFFICE

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

Rec Center is closed on January 1 and April 21, 2019

Ask the Nutrition Specialist

FREE Assistance for Rec Center members, students, faculty/staff.

January 30, February 27,
March 27, April 17

Location: Rec Center Main Level