



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	Cardio Interval Step Katherine ADR		Strength Interval Step Katherine ADR		
5:30-6:30pm		Foundational Yoga Anne Room 11		PIYO™ Melanie LLFR		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® Staff 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