

# 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<br>WOD |              |
| 11:00am |                          | Jon<br>WOD |                          | Jon<br>WOD   |             |             |              |
| 2:00pm  |                          |            |                          |              |             |             | Ervin<br>WOD |
| 5:30pm  | Tina<br>Circuit Training | Jon<br>WOD | Tina<br>Circuit Training | Chris<br>WOD | Jess<br>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