**FREE DROP-IN FITNESS CLASSES**

Monday, May 4 – Friday, August 21, 2015

*Classes END Friday, June 26, 2015*

No registration required for Drop-In classes. FREE to UM-Flint students, members, **Unlimited U+Fit Card** holders, and Day Pass users.

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11am</td>
<td>Seniors &amp; Friends</td>
<td>Seniors &amp; Friends</td>
<td>Seniors &amp; Friends</td>
<td>Seniors &amp; Friends</td>
<td>Seniors &amp; Friends</td>
</tr>
<tr>
<td>11am-noon</td>
<td>Seniors &amp; Friends</td>
<td>Splash Bash</td>
<td>Seniors &amp; Friends</td>
<td>Splash Bash</td>
<td>Seniors &amp; Friends</td>
</tr>
<tr>
<td>12:15-1pm</td>
<td>Ben &amp; Friends</td>
<td>Ben &amp; Friends</td>
<td>Ben &amp; Friends</td>
<td>Ben &amp; Friends</td>
<td>Seniors &amp; Friends</td>
</tr>
<tr>
<td>12:15-1pm</td>
<td>Lunchtime Yoga</td>
<td>Lunchtime Yoga</td>
<td>Lunchtime Yoga</td>
<td>Lunchtime Yoga</td>
<td>Lunchtime Yoga</td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>*Aqua Fitness</td>
<td>*Cardio Interval Step</td>
<td>*Aqua Fitness</td>
<td>*Cardio Interval Step</td>
<td>*Body PHIT Boot Camp</td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>*WERQ™</td>
<td>*Cardio Interval Step</td>
<td>*BOSU Ab Lab</td>
<td>*Cardio Interval Step</td>
<td>*Body PHIT Boot Camp</td>
</tr>
</tbody>
</table>

**NOTE:** Classes may be cancelled due to low attendance.

**NO CLASSES** Monday, May 25th and Friday, Sunday, July 3rd

**Drop-In Class Descriptions:**

**Ab Lab/ BOSU Ab Lab** – Strengthen your core muscles in this intense ab workout. You’ll be stronger for taking on the challenge!

**Aqua Fitness** – An invigorating water workout. Ideal for all fitness levels. No swimming required.

**Ben & Friends** – A peer-led fitness class that focuses on low-impact calisthenics. Open to the older adult.

**Body PHIT (Pilates High Intensity Training) Boot Camp** – The best of fitness is fused into an exhilarating boot camp that uses BOSU balls, resistance bands, blocks, and Pilates/yoga mat work to blast your traditional body weight sessions out of the box. You will gain strength, endurance, and flexibility. Manage your weight and look better. You will sweat, train tough, play rough, and HIT it! Join PHIT!

**Cardio Interval Step** – With unique combinations of techniques, this class takes you through varying lengths of cardio intervals using the step as well as upper & lower body strength moves to challenge any fitness level! Keep your muscles guessing and bring out a stronger, faster you!

**Lunchtime Yoga** – Yoga can help you improved muscular strength, flexibility and balance while providing a wonderful relaxation experience.

**Seniors & Friends** – A peer-led fitness class that incorporates land or water sessions. Open to the older adult.

**Splash Bash** – 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 at all fitness levels are welcome. Sponsored by Health Alliance Plan.

**WERQ™** - If you’re looking for a fun dance fitness format that ROCKS IT using pop and hip hop music you have found it here!! **WERQ™** is a high intensity dance workout that is appropriate for all fitness levels and dance abilities. C’mon! Join the party!!

For more information, call 810-762-3441
www.FlintRec.com
SPECIALTY FITNESS CLASSES
Monday, May 4 – Monday, August 24, 2015 (16 weeks)

No Specialty classes Monday, May 25 in observance of Memorial Day

<table>
<thead>
<tr>
<th>MON</th>
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<tbody>
<tr>
<td>6-7:30pm</td>
<td>*Beginning Iyengar Yoga Rachelle Room 11</td>
<td>*Advanced Iyengar Yoga Rachelle Room 11</td>
<td></td>
<td>$10 Discount available to UM-Flint faculty/staff for Specialty Fitness Classes &amp; Unlimited Fitness Cards</td>
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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 – 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! $64 student/member; $88 community; Mon, May 4 - Aug 24 (Beginning) OR Wed, May 6 - Aug 19 (Advanced); 6:00-7:30pm

This 16-week class will help you develop strength, stamina, flexibility & balance. Enjoy the benefits of body alignment, concentration & meditation!

Uses props such as cushions, chairs & blocks.

Beginning: Monday, May 4 - August 24 (no class Memorial Day) 6:00-7:30pm • Room 11

Advanced: Wednesday, May 6 - August 19 6:00-7:30pm • Room 11

FEE: UM-Flint Students/Members $64 • Community $88

Monthly 10% discount for UM-Flint Faculty/Staff. Register in the Rec Center membership office.
CALL (810) 762-3441 or VISIT FlintRec.com

PUMP!
Start your day off with a challenging group training program!
May 4 - September 1, 2015
Tues & Thurs • 6:30-8:00 a.m.
Sculpt your body with PUMP!
An energizing, high-intensity strength training program.

- PUMP is led by Tina Eisenbeis

FEE: Unlimited U- Fit Card $49 students/members.

*No unlimited UFit Card allows access to other UM-Flint classes. Ask for details.
NO CLASSES held on Memorial Day

Register in the UM-Flint Rec membership office.
CALL (810) 762-3441 or VISIT FlintRec.com

For program information, contact Jessica Vierkock via email: jdv@umflint.edu
UFit classes are limited to the first 16 participants upon arrival to class. Prior to participation, completion of a “Health Status Questionnaire” is required. Possible medical clearance may be required. Participants must present a current UFit Card to access UFit classes.

**FEE:** $49 students & members; $125 community; MHealthy $10 discount for UM-Flint faculty and staff

### UFit CLASS Schedule

**Monday, May 4 – Tuesday, September 1, 2015**

*Classes END Friday, June 26*

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
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<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<tr>
<td>6:30-8am</td>
<td></td>
<td>Tina PUMP</td>
<td></td>
<td>Tina</td>
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<tr>
<td>9:30am</td>
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<td></td>
<td></td>
<td></td>
<td>*Jessica O.</td>
<td></td>
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<tr>
<td>11:00am</td>
<td></td>
<td>Jon WOD</td>
<td></td>
<td>Jon</td>
<td>*Jessica V.</td>
<td></td>
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<tr>
<td>2:00pm</td>
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<td></td>
<td></td>
<td></td>
<td>Ervin WOD</td>
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<tr>
<td>5:30pm</td>
<td></td>
<td>Tina Body Mechanics</td>
<td>Jon Body Mechanics</td>
<td>Tina</td>
<td>Jon WOD</td>
<td>*Chris WOD</td>
<td></td>
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</table>

**Note:** Classes may be canceled due to low attendance.

*No Classes: May 24th, 25th, July 3rd, 4th & July 5th*

► **UFit Workout Of the Day (WOD)** - The UFit 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. UFit classes are designed to be universally modified, making it the perfect program for the committed individual regardless of experience. New participants start with “on boarding” WODs.

► **Body Mechanics** – 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.

► **PUMP** – Start your day off with a challenge and PUMP it UP! An energizing, high-intensity strength training program.

### Unlimited UFit Card

The Unlimited UFit Card provides access to all UFit classes. Stop by the Rec Center Business Office to purchase yours or call for more information (810) 762-3441.

**Please Note:** cardholders must maintain active membership status to utilize Unlimited UFit Card.

**FEE:** $49 students and members.

UM-Flint faculty and staff receive a MHealthy $10 discount.
**SPRING/SUMMER HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>General Building</th>
<th>Pool</th>
<th>Office</th>
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</thead>
<tbody>
<tr>
<td>Monday-Thursday</td>
<td>6am-9pm</td>
<td>6-9am; 11am-8pm</td>
<td>7:30am-6:30pm</td>
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<tr>
<td>Friday</td>
<td>6am-8pm</td>
<td>6-9am; 11am-7pm</td>
<td>7:30am-6:30pm</td>
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<tr>
<td>Saturday</td>
<td>9am-2pm</td>
<td>9am-1pm</td>
<td>10am-2pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>11am-4pm</td>
<td>11am-3pm</td>
<td>Closed</td>
</tr>
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The Recreation Center will be closed
Sunday & Monday, May 24 & 25, 2015 (Memorial Day Weekend) and Friday, Saturday & Sunday, July 3, 4 & 5, 2015 (Independence Day Weekend).

For more information, call 810-762-3441. We are located west of the Flint Cultural Center near I-475. SB Longway Blvd, exit to Chavez Drive, near Kearsley and Mill Street intersection.

The University of Michigan-Flint Recreation Center is a leader in health, fitness and recreational experiences for Flint and the surrounding communities. The Rec Center is open to the public through memberships, specialty fitness classes, day passes and rentals.

Learn more at [www.FlintRec.com](http://www.FlintRec.com).

*The University of Michigan-Flint is a smoke-free campus!*

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**CrimFit Adult Training Program**

The Official Training Center for the CrimFit Adult Training Program!